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Rev.d D Bishop.

from his affectionate Cousin

the Author.

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# PRACTICAL OBSERVATIONS

ON

# INSANITY

AND THE

# TREATMENT OF THE INSANE;

ADDRESSED PARTICULARLY TO THOSE WHO HAVE
RELATIVES OR FRIENDS

Afflicted with Mental Derangement:

ALSO

## HINTS

ON THE PROPRIETY OF MAKING

THE STUDY OF MENTAL DISORDERS

A NECESSARY ADJUNCT TO

MEDICAL EDUCATION.

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By W. J.

LATE A KEEPER AT A LUNATIC ASYLUM.

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# PREFACE.

THE best apology I can offer for the imperfect character of the following pages is, that they were dictated by an ardent desire to ameliorate the condition of a most unhappy portion of my fellow-creatures, and were chiefly written in the wards of a madhouse, during the short periods I could snatch from my duties as keeper, — amid the wild ravings of the maniac, the fatuous laugh of the idiot, and the desponding wailings of the hypochondriac.

It will be seen that my observations are principally intended for those persons whose situation in life enables them to place their relatives or friends in private lunatic asylums; but some of my remarks, will, I trust, be found of general application. I am equally anxious for the welfare of pauper lunatics, but unfortunately, in their case, circumstances will not admit of those means of care and cure which are within the reach of the affluent.

As this book may probably fall into the hands of many persons who have not read the minutes of the evidence given before the Committee of the House of Commons, and the report founded thereon, I have given some extracts therefrom in an Appendix: and I have done this in order to remove any impression which may exist, that I have exaggerated the evils of the system pursued in the treatment of the insane.

It may, perhaps, be objected that this re-

port and the evidence apply only to pauper lunatics ; but it must be remembered that the owners of pauper asylums are also in most instances proprietors of houses for the reception of a better class of patients ; indeed both classes are frequently under the same roof ; and where the disposition to cruelty and abuse exists, very little distinction will be made in the treatment of the pauper and the more respectable patient.

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# CHAPTER I.

## INTRODUCTORY REMARKS.

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Of the numerous "ills which flesh is heir to," I know of no one in which the best feelings of our nature are, or ought to be, more deeply interested, or which more imperiously demands our attention and sympathy, than aberration of intellect. To behold the good, the great, the virtuous, and the brave, reduced by the withering influence of this awful visitation, to a level with the beasts of the field, on which the bright beams of reason never dawned, is, indeed, calculated to excite, in every feeling and philanthropic mind, sensations of the most painful nature. I envy not the man

his feelings who can look unmoved on the ruins of intellect, and who can see, and unpitying see, his fellow-creatures bereft of that inestimable gift which alone adorns and dignifies the man, and which principally elevates him above the brute creation.

Behold yon stately form, marching with measured step along the gloomy avenue of trees! See his hoary head, his wringing hands uplifted, while he mutters to the skies his imaginary woes, and ever and anon a tear steals down his pallid cheek!

There are the sad remains of as fine an intellect as ever graced the social circle; the wit, the philanthropist, and the philosopher; virtuous and good himself, his constant efforts were directed to assimilate mankind to his own standard; his time and exertions were ever devoted to promote the happiness, and his purse was ever open to diminish the distress, of his fellow-creatures; but an accumu-

lation of unforeseen reverses, and the ingratitude of mankind, broke his manly heart, and even his giant mind bent beneath the storm.

See yon sylph-like figure, tripping with fairy step along the green parterre, decked in the fairest flowers of Spring; now she plucks a rose and sings of long past joys;—but now a thorn—she takes and places it in her bosom; see her altered mien,—she stands transfixed as a statue, and a flood of tears gushes from her burning eyes.

She was once the fairest of the fair; the gayest amongst the gay; the life, grace, and ornament of her circle:

> "Grace was in all her steps, Heaven in her eye,
> "In every gesture dignity and love."

But unrequited love ruined her mental fabric; she

> "Let concealment, like a worm i' the bud,
> "Feed on her damask cheek;"

and we behold her now with scarce one feature of her former self.

These are no imaginary pictures; hundreds there are, the circumstances of whose maladies far exceed these, or any descriptions my humble pen could trace.

Hard indeed, then, must be that heart which could contemplate such scenes, and not feel a deep and anxious desire that every thing should be done to soothe such deep affliction, and every effort which human benevolence could devise, be made to restore the unhappy sufferers to themselves and to society.

And yet,—"tell it not in Gath; publish it not in the streets of Ashkelon," these and such as these, have for ages past, and even in this enlightened country, been consigned to chains and dungeons, and subjected to the controul of mercenary wretches, who would scarcely

have been tolerated to look after the felon, the murderer, and others the most depraved and worthless of society. Whilst self-styled philanthropists have traversed the utmost limits of the empire to enquire into the situation, and improve the condition of convicts, they have passed heedlessly by the cold and loathsome dungeon, where the guiltless and unhappy maniac was pining in hopeless captivity; where charity never came to calm the bewildered mind; and where the benign voice of commiseration was never heard.

It is true that a spirit of enquiry has been abroad of late; parliamentary committees have been instituted; the most atrocious cruelties have been brought to light; and it has been proved beyond the possibility of a doubt, that so far from any curative measures having been resorted to in the treatment of the insane, the method pursued has been such as must have had the effect of driving to irretrievable madness thousands who, under a system of ordi-

nary mildness, would have been restored to society.

Much good has undoubtedly been done by the exposure of the abuses which have existed; but much more remains to be done, before this important branch of medical jurisprudence can be placed upon a footing commensurate with the advanced state of all other branches of medical science, and before the foul stain which the existence of these abuses has fixed upon the boasted institutions of our country can be expunged.

## CHAPTER II.

### INTRODUCTORY REMARKS CONTINUED.

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Much as we have reason to find fault with the barbarous system of treatment which has so long obtained in our lunatic asylums; and much as we may feel inclined to congratulate ourselves that public indignation has been a means of correcting much of the evil, we must not lay the flattering unction to our souls that we have done all that humanity requires of us, in the reform of the system pursued in the treatment and care of lunatics. Our enquiries have extended chiefly to such institutions as may be considered of a

public nature ; but we must not stop here. If enquiry were instituted, it would be found that grievous abuses exist in private asylums, and that these require to be subjected to a more rigid investigation, and placed under a more efficient controul.

Private asylums are springing up in every part of the country, and it becomes matter of serious consideration whether they are called for by the actual increase of Insanity ; whether they are instituted in consequence of the inefficient systems pursued in those already established, or of the incarceration of many persons who cannot consistently be brought under the denomination of lunatics.

There is a fashion in every thing ; and I am decidedly of opinion that the unhallowed influence of fashion has extended into regions whence reason and humanity ought for ever to have shut it out.

I have myself seen persons in lunatic asylums, for whose confinement I could not see even a colourable necessity: and I feel no hesitation in saying, that were a calm, candid, and philosophic enquiry made, hundreds of cases would be discovered of persons improperly incarcerated, who would stand a much better chance of being restored to health of mind, under the care of kind and considerate friends, than by being placed where every object around them must tend to excite a morbid state of feeling.

Within a very short period of time, we were satisfied with a sound and consistent definition of mental disease, and every case would arrange itself under one of the heads, Idiotcy, Lunacy, or Insanity; but our advanced state of civilization, and "the march of intellect," have brought their evils as well as benefits, and we have now the indefinite definition of "unsoundness of intellect," added to the catalogue.

The abuses, and even crimes, which may be perpetrated under this ambiguous mask, are too horrible for contemplation. Where shall we find the man or woman whose mental powers are so perfect and healthy, as not to come within the range of this imcomprehensible definition? Where shall we find the being who is perfectly sane upon every point? I may say with a high authority, "Let him who is without sin amongst you cast the first stone."

It is doubtless a matter of very great convenience to many persons, that there are places to which troublesome or eccentric relatives or friends may be packed off out of the way: and it is probably, at times, very convenient for some people to have the management of the property of others. An unfeeling and brutal husband may exasperate a sensitive and amiable woman by his neglect and cruelty, until with continued harassings, her mind becomes irritable and unsettled; she may be in the way on other accounts, and the husband may be anxious to get rid of her; he

tells his own tale to a pliant physician, who calls to examine her, and the very questions he puts, implying doubts of her sanity, excite her to give irritable and incoherent replies, and she unconsciously seals her own doom; and the gloomy walls of a mad-house, the association with lunatics, and a strait waistcoat, soon finish the work which villany began.

It may be said this is an extreme case; but the question is, whether it is not with these extreme cases that half our mad-houses are filled.

I could adduce the case of an elderly female now confined in a lunatic asylum, who in every instance conducts herself with the most scrupulous propriety; who converses as rationally upon general subjects as it is possible for a woman to do; her demeanour and manner are those of a complete lady; her only point of weakness is, fancying herself a lady of rank and title, and that unattended with any

one circumstance which could render her obnoxious to society, and especially to those whose duty it is, and whose pleasure it should be, to humour and excuse her weakness, to comfort her declining days, and to smoothe her way to that bourne to which a few short years must conduct her.

Believing herself to be an injured woman, she secludes herself in her room, and refuses to adopt those means of air, exercise, or medicine, which might yet restore her mind to some degree of vigour.

Can we call this a case of idiotcy, or lunacy, or insanity? No; but then comes the new and fashionable form of expression, and we call it "unsoundness of intellect!"

Now supposing this lady's friends could find any plausible excuse for sending her from home, or that they did not choose to be troubled with her eccentricities; would it not

have been more humane and reasonable on their parts to place her in comfortable lodgings, under the care of some kind and attentive matron, where she might have been treated with the respect due to her station; rather than to have consigned her to a mad-house, to the society of lunatics, and to the controul of strangers?

Another instance I may mention, of a fine youth about twenty years of age, who is in every respect in full possession of his mental faculties; and whose only disorder appears to be deficiency of mental energy. It cannot even be called weakness of intellect, for when he is by any means roused to exertion, he not only evinces a sound judgment and discriminating powers, but is capable for a time of considerable mental labour, in studying a language for instance, or any other subject to which he may apply himself. Can any one suppose for a moment that a mad-house is a proper place for such a character as this?

Does the company of lunatics, and the con troul of a keeper, offer any chance of restoring this young man to his mental powers? The obvious course would be to place him in situations where every thing around, would tend to rouse and awaken into activity his latent energies, such as change of scene, lively society, and plentiful exercise.

I could mention other cases, but I think enough has been said to prove that persons are improperly confined; and the principle once admitted, is sufficient to shew the necessity of a strict and efficient inquisition into lunatic asylums.

In these cases I do not see that any positive blame attaches to the proprietors or superintendents; they are mere passive agents; they depend for their existence upon the patronage of the medical profession, and it would be too much to expect of human nature, that they should run counter to their own in-

terests, and dictate to the attesting physicians who are, and who are not proper objects for admission.

In many instances, indeed, the form of a physician's certificate is altogether dispensed with; in most of these cases probably the insanity is so palpable, that no doubt can exist of the propriety of controul; but if this practice is once allowed, there will be no end to the abuses to which it will lead.

It is true that commissioners are appointed, whose duty it is to inspect lunatic asylums, and to scrutinize their management; but their visits are like those of angels,

"Few and far between;"

and are generally mere visits of courtesy; for as to any useful purpose, their controul is a mere dead letter, inasmuch as they have no power to inflict a penalty, or even to refuse

a licence for the future, however gross may be the abuses they have detected.

I cannot but remark that the friends of patients are often extremely culpable in allowing them to be dragged off to a lunatic asylum without any previous enquiry into its character, and merely because Dr. such-a-one recommended it; when, probably, this Dr. knows no more about the regulations and management of the house than the greatest stranger. I could name more than one physician who recommend asylums, whose portals they never entered, and who have consequently taken upon credit all the glowing representations which interested parties have given of the perfections of their institutions.

In other instances the most odious abuses have been proved to exist in certain asylums and yet their proprietors still continue to enjoy the public patronage, and their houses are crowded with respectable patients. This

certainly evinces great want of feeling on the part of their friends, and I can only wish that they were themselves subjected, for a few months, to the same discipline which they occasion to be inflicted upon others.

The extravagant rates which are paid by some for the support of their insane friends is another prolific source of evil. When the proprietor of an asylum is receiving four or five hundred a year with a patient, it is too much to expect that he will be very anxious for his recovery. It may perhaps be said that this observation applies to the medical profession generally, and that, when a physician or apothecary gets a good patient, he may not be very anxious to part with him; but it must be remembered, that the inducement to abuse is infinitely greater in one case than in the other, and that the patient of the physician or apothecary is under the scrutinizing eyes of anxious and affectionate relatives or friends, who would soon discover if they were trifled with;

while in a lunatic asylum there is every facility for abuse.

It is said of an oriental monarch, that he pays his physicians only when he is in health; and, were this principle generally adopted, it would be attended with advantage. A modification of it, however, I would adopt, had I a relative or friend insane. I would pay just so much as would cover the expenses of board, &c., and agree to pay a handsome premium when the patient should be discharged cured.

## CHAPTER III.

### ON INCIPIENT INSANITY.

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I NOW proceed to offer a few observations to the notice of those, whose misfortune it may be to have relatives or friends afflicted with mental derangement; and I wish most particularly to press upon their minds the importance of an early attention to any appearance which may indicate incipient insanity. For it is a fact which will not admit of dispute, that, as the disorder increases in duration, it increases in intensity, and consequently every moment

of delay diminishes the chance of recovery. In this respect there is a great analogy between mental and bodily disorders. In bodily disorders, if prompt attention be paid to the exciting cause, a long train of consecutive evil is arrested, and probably the life of the patient saved. How many persons, who are now lingering in painful and hopeless sickness, can trace its progress from the neglect of some trifling cause. And in mental disease, inattention to its incipient state, will often check a malady which, neglected, would proceed from stage to stage, until confirmed and incurable madness would be the result.

And not only should this care be taken, when the disorder has actually made its appearance; but where an hereditary or constitutional tendency to insanity exists,* all that

* Many extraordinary instances of predisposition might be related; and in some cases it has shewn itself at a very early period of life. I knew a female who, at eight years of age,

circumstances will possibly admit should be done to diminish the chances of that excitement which may call the latent evil into activity. It behoves parents who are aware of this error in their own systems, to bring up their children with habits of regularity, to repress with care every predominancy of feeling which may, if permitted to increase with their years, eventually become a nucleus for the latent disease; and, if possible, to place them in such situations as may allow of little alternation of circumstances; for even a humble life, with regularity, is better than a higher sphere, subject to the vicissitudes and anxieties of wealth and fortune.

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began to collect trumpery picturesto adorn the walls of the workhouse in which she felt assured she should close her existence. This impression remained with her during life; it absorbed every other feeling, and under its influence, and to avert the fate to which she conceived herself doomed, she ultimately committed suicide.

Amongst the many exciting causes which bring into activity a predisposition to insanity, I know of no one more certain in its effects, and more baleful in its influence, than a belief in those gloomy dogmas of religion, which are propounded by ignorant and bigoted fanatics ; representing the allwise and merciful author of our being as a God of terror and of vengeance ; denouncing the great majority of mankind as being in a state of irremediable reprobation, and as certain of inheriting eternal perdition. Those who have been at all conversant with the insane can bear ample testimony to the awful consequences of propagating these false notions of religion.

When, therefore, any feelings of this description are observable as making a deep impression upon minds in which there may exist a predisposition to insanity, the greatest care should be taken to correct such erroneous no-

tions, and to present more benignant views to the mind.

I knew an amiable and benevolent lady, the mother of a numerous family, whose mind sunk under these awful impressions. She became a confirmed lunatic, and it was truly pitiable to see the state of horror in which she passed her existence; "Do you not see," said she, "the very stones rise up in judgment against me?"

There are various other exciting causes, which it is unnecessary here to enumerate. I may just observe that in young persons, especially females, of warm imaginations and ardent minds, the passion of love is frequently productive of the most serious consequences. When one of our own sex enters the lists of love, there is no arbitrary ordination of society to prevent him from pursuing his object, and he generally attains the consummation of his wishes. But the softer sex are forbidden the

exercise of this franchise, and, however ardent and intense the passion may be, the rigid rules of etiquette and propriety render concealment absolutely necessary; and thus the destructive worm rankles in the breast, and undermines the fragile fabric of the mind; and at times produces a morbid state of feeling, to which I shall hereafter more particularly allude.

The artificial distinctions which wealth has created in society are also productive of mischief from this cause, inasmuch as disparity of circumstances frequently presents an insurmountable barrier to the union of persons who may have formed a mutual attachment; and inexorable and avaricious parents have often to blame themselves, that their children are consigned for life to the oblivion of a madhouse.

When any symptom of mental aberration, an unusual depression of spirits, or a trifling

eccentricity of conduct, is observed in any member of a family, it is generally looked upon with indifference. Time, the grand panacea, time is depended upon to remove the disorder with the remembrance of the cause which produced it. But time steals on, the malady increases, and it is at length discovered that the patient is really deranged; a physician is applied to, and after calling a few times, and extracting a few guineas for doing nothing, he recommends a removal to a lunatic asylum! Now let us pause, and consider upon what rational ground such a measure is to be taken, and then examine by the same rule what the probable consequence must be to the unhappy patient.

In most cases, the circumstance of the mind having become affected by causes which, had it been "made of sterner stuff," it would have combated unscathed, is a fair presumption of the sensitive feelings of the patient. Brought up probably in the bosom of a tender and af-

fectionate family, surrounded by the endearments of the social circle, and blessed perhaps with every comfort life can bestow; what, I ask, must be the effect on such a mind, on being torn from all these ties, consigned to the cheerless gloom of a mad-house, to the society of lunatics, and to the controul of strangers, whose humanity and tenderness are at any rate problematical?

Even admitting for a moment that private lunatic asylums are in every respect what we could wish them to be, what consolation, or chance of cure can they offer in a case like this? What avail the most humane regulations? What avails medical skill? What avails classification? Will the company of the melancholy cheer the hypochondriacal? Or will the society of the maniac restore the tone of the excited mind? Alas! none of these can "minister to a mind diseased."

I have witnessed cases in which the most

serious consequences have ensued from placing patients in an incipient state of insanity in contact with confirmed lunatics. I remember a gentleman whose disorder was an excessive state of nervous irritability ; he was a tradesman in affluent circumstances, and lived in a style suitable to his means. His friends deemed it necessary that he should be removed to a lunatic asylum ; and the comforts provided for him there, were far inferior to what he had been used to at home. In a very short time the change caused an accession of excitement, so that he became troublesome, and disturbed the more peaceable patients in that part of the house in which he was lodged, and he was removed into the common ward, and placed amongst lunatics of all classes. Never shall I forget the dreadful state of agitation in which he continued during the whole of one day ; he refused to sit down, or to take any food, and stood shaking like an aspen leaf, his wild eyes wander-

ing from patient to patient, as their gestures or exclamations attracted his attention.

Was such treatment as this calculated to remove nervous irritability? Or would it not more probably have the effect of rendering the patient for ever the inmate of a mad-house?

Having thus, I think satisfactorily, shewn that it is improper to place persons in an incipient state of insanity in lunatic asylums, it will naturally be expected that I should suggest some plan better calculated to promote the chances of recovery.

And now, as some persons may suppose that in these remarks I am influenced by an undue prejudice against lunatic asylums, I beg the reader to institute a candid enquiry in his own mind, whether what I advance is not founded in reason. I wish no principle to be admitted on my dictum, but that every opinion

I offer should be weighed in the balance of sober judgment. What I have hitherto stated has been in reference to incipient insanity; when I come to speak of confirmed lunatics, I shall have to admit more generally the utility of these establishments, when placed under proper controul.

## CHAPTER IV.

### ON THE TREATMENT OF INCIPIENT INSANITY.

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HAVING thus stated my opinion that lunatic asylums afford no facilities or advantages for the successful treatment of the early stages of insanity, I shall proceed to offer such observations as I think calculated to promote this desirable object.

The first thing to be attended to obviously is, to discover the exciting cause; in some cases this is very obscure and difficult to trace, but in most instances it sufficiently developes itself.

Every means should be resorted to, to divert the mind from those objects which may have a tendency to recall associations which have influenced the morbid workings of the mind; change of scene, and lively society are desirable; but where practicable, I know of nothing so likely to have a beneficial effect as travelling; the continual occurrence of fresh objects, perpetually engaging the attention, prevents the mind from dwelling upon unpleasant recollections.

In some cases it becomes necessary to remove the patient from home, and even from the society of friends; and here the strictest care should be taken that every accommodation and comfort be provided, to which he had previously been accustomed; and nothing should be said or done, to lead him to suppose that he is considered insane: it should merely be stated that he is going into the country for the benefit of his health.

Now some difficulty may exist in providing a suitable place of retreat and proper attendants; but this, I apprehend, may be easily obviated, as there are hundreds of respectable persons of small incomes in the country who would be glad to take charge of a patient, and upon much lower terms than he could be provided for in a lunatic asylum. Lodgings, or a small cottage, at any rate, might easily be provided; and as for attendants, there are numbers of both sexes who would cheerfully undertake the task, and under whose care the patient would stand a much better chance of kind treatment, than under the "well instructed keepers," who are supplied from lunatic asylums. Some care should, of course, be taken in the selection of proper persons, and strict enquiry should be made into their tempers and moral character. Now let us imagine a patient thus situated, in cheerful and comfortable country lodgings, with every little luxury provided for him which could administer to his health or amusement, and

under the care of some kind and considerate attendant. Does not such a course offer the better chance of recovery? Or would the reader still prefer to have a beloved wife, child, or friend consigned to a private madhouse?

It may be objected, that you cannot by these means secure the advantage of the superior medical treatment which most lunatic asylums afford, from the circumstance of the medical attendant having devoted himself almost exclusively to this subject.

But I would sooner trust entirely to the means before mentioned than secure this superiority of medical skill, attended with the disadvantages of lunatic asylums. And if enquiry were to be made into this boasted superiority, it would soon vanish into a mere shadow, and it would be found that no assistance is secured in this respect, but what may be afforded by any medical man of tolerable skill in his profession.

It is now generally known that all mental disorders are dependent upon actual disease of the brain, and that, in the present state of medical science, our direct means of acting upon this organ are very limited; we must, therefore, turn our attention to the state of the health generally. It may be safely asserted, that the most important thing to be attended to is the state of the digestive organs. There are other means which may occasionally be resorted to with good effect, such as the warm or cold bath, the exhibition of tonics, &c.; but which would suggest themselves to any professional man of skill and judgment.

I would propose another plan, which I think would be attended with many advantages, and that is, to place the patient entirely under the care of some skilful medical man in the country. The patient would be much more likely to meet with attention and kindness than he would in a crowded asylum. It has become so much the fashion to hurry persons

off to lunatic asylums, that the subject is little thought of in private practice; but I have no doubt, that, were this plan to be more generally adopted, most country practitioners would make arrangements to accommodate a patient or two.

By these means the attention of the profession would be called more generally to the subject of insanity, and we might expect a much greater accession of knowledge than we can hope to attain now that this subject is confined in a few hands. I shall speak more fully on the moral treatment of the insane hereafter. I shall now merely recapitulate the means most likely to restore a healthy tone of mind: namely, change of scene, travelling, personal comfort, a cheerful and humane attendant, pure air, plentiful exercise, and, above all, a strict attention to the state of the alimentary canal. I have no hesitation in asserting, that, had such a system been more

generally adopted, hundreds who are now doomed to perpetual confinement as confirmed lunatics, would have been restored to themselves and to society.

## CHAPTER V.

### ON CONFIRMED LUNACY.

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In the foregoing observations I have confined myself to a consideration of patients in a state of incipient insanity, and who are generally sufficiently passive to render any extraordinary measures of controul unnecessary, but even in the early stages some cases will arise in which the excitement is so great, that more active means are necessary for restraint, to prevent the patient doing mischief to himself and others. Here the mind is so little influenced by external objects, that the patient may with propriety be placed in a lu-

natic asylum; but even then, on the recurrence of lucid intervals, care should be taken to keep out of the way every thing which can excite the mind, and more particularly, other lunatics should be kept from his sight. It may be said, that in large establishments it is not possible to accomplish this; and it is from this circumstance that I object to asylums, where they can in any way be dispensed with; because, I am convinced that nothing is more calculated to produce morbid feelings than for the patient to be obliged to witness the mental aberrations of others. However, as much as is practicable should be done, to prevent this association, and to keep the mind in a calm and quiet state.

In speaking of confirmed lunatics, I allude to those patients whose disorder has been of long duration, and whose chance of recovery is very remote; but the number of cases would be very small, which I should give up as entirely hopeless, and beyond the reach of at least a palliation of their disorder.

Amongst those who are deemed confirmed lunatics, there are a great many who are so utterly harmless, that I should prefer placing them in some secluded situation in the country, where they would be little liable to observation, and where they might enjoy as much personal liberty as would be consistent with their safety; thus giving every encouragement to even the remote chances which may exist of recovery, and which chances are undoubtedly lessened by the discipline of madhouses.

I may instance the case of a gentleman, now living at an asylum, who is in every respect completely harmless; he amuses himself in the most innocent employments, walks from home ten or twelve miles every morning, frequently accompanied only by a boy, and he invariably returns at his dinner hour; he is under no personal restraint, but goes in and out when he chooses.

Now though this patient is in such a state of mind as to render his recovery doubtful, yet there is no reason whatever that he should be placed in a lunatic asylum, where he must occasionally see objects calculated to promote unpleasant feelings, and to produce self-reflection. I think no doubt can exist in any rational mind, that his chance of recovery would be increased were he placed out of the reach of such excitements. Moreover, his personal comforts could be much better attended to in a private house, than they could possibly be in a large establishment.

There are many families, moving in a respectable sphere of life, who have elegant houses, with extensive grounds, who would not object to receive a quiet patient upon the handsome terms which are paid for very indifferent accommodations in lunatic asylums.

There are unfortunately, however, numerous cases of insanity, in which a more effec-

tive system of controul becomes necessary. And here I should be inclined fully to admit the usefulness of private lunatic asylums, were they placed under such a system of *surveillance*, as would ensure to the unhappy maniacs all those duties of attention and kindness which humanity requires should be exercised towards them; and, could we have a guarantee that every means, moral and medical, which human skill could devise, would be used to fan into a flame the latent spark of reason.

It is useless to urge that the high character of the proprietors of many of these places is a sufficient security for their good government, when we have before our eyes, upon indubitable record, the fact, that men who have held so high a character as to be entrusted with the care of lunatics in the superior ranks of society, have been the proprietors of institutions where the most odious cruelties have been practised. It is of no avail, therefore, to

talk of the guarantees of rank and respectability. Some effective and judicious system of inspection and controul must be established by legislative enactment, and, until this be done, it is decidedly preferable to place dangerous and confirmed lunatics in one of our public institutions, which, as far as I have had opportunities of judging, are so well regulated, that the chances of abuse are very remote.

It must be a source of satisfaction to every humane mind, that the magistrates of the county of Middlesex are about to erect an asylum for lunatics, which will be the means of rescuing from the hands of sordid and unprincipled keepers, that most wretched portion of our fellow-creatures, the pauper lunatics. It is also, I understand, in contemplation to afford accommodation in the same establishment for a better class of patients. This will be a most desirable point attained, and I have no doubt, that, with the experience which recent enquiries, and a careful observation of

the defects and excellencies of other institutions will give, the county of Middlesex will soon have to boast an asylum for the insane, worthy of the enlightened and humane age in which we live.

# CHAPTER VI.

## THE DESIRABLENESS OF EMPLOYING A BETTER CLASS OF PERSONS AS IMMEDIATE ATTENDANTS ON THE INSANE.

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Amongst the many improvements which might be made in the economy and management of lunatic asylums, there is no one which would be attended with greater benefit to the patients, than that a better class of persons should be employed as immediate attendants. Scarcely a work has issued from the press upon the subject of insanity, which has not urged the paramount importance of

what is called moral treatment; and yet, if an examination were to take place, it would be found that nine tenths, or probably a greater proportion of keepers, are totally incompetent in this respect. One cause of this evil arises from the general impression which prevails, that none but persons of superior stature, and possessing great physical strength, are competent to fill such situations. Now, though these are, in many respects, desirable qualifications, they are very subordinate to strength of mind; and I feel assured that a person of mild and conciliatory demeanour, and uniting to that an inflexible firmness, will soon obtain a more complete influence over the majority of patients, than the veriest giant that ever guarded the portals of a lunatic asylum. An array of grenadier-like keepers may awe the poor lunatic into submission, but it can never obtain that moral controul which is so much more desirable. Could we always ensure that kindness and good temper should be united to muscular power, it might be preferable to

have such persons as keepers* ; but we know the frailties of human nature, and we know that in whatever form power exists, there generally exists at the same time a disposition to abuse it. If a poor lunatic strike a keeper much his superior in strength, is it not very probable that he will be disposed to return the blow? Certainly it is; and many would defend such a course, upon the ground of a necessity existing that the patient should know that the keeper is his superior. But such is not the system I should advocate. Every thing should be done to impress upon the minds of patients, that whatever restraint is inflicted, it is solely for the purpose of pre-

* I have used the term *keeper*, because it obtains more generally than any other; but I think it extremely barbarous, and a relic of those times when massive fetters and loathsome dungeons were considered necessary for the security of lunatics. In these more enlightened days I would have it altogether done away with, and the term *attendant* substituted. Wild beasts have their keepers, and probably the name arose when the insane were confined in dens, like unto wild beasts.

venting them from doing mischief to themselves and to others; and that, when they evince a better disposition, that restraint will be removed. Every thing should be avoided which has the appearance of personal resentment or revenge.

It is true, there are cases in which there is a total unsusceptibility of moral restraint, and where great strength becomes necessary; but these do not warrant the general inference that all keepers should possess it. At all times a well-regulated system of controul will obviate a necessity for the exercise of mere brute force. I repeat, that where superior strength is possessed, especially by weak minds, there is generally a disposition to exercise it, and the lonely wards of a lunatic asylum offer but too great facility for abuse in this respect.

I knew a female keeper who was so proud of her powers, that she had a continual *pen-*

*chant* to be trying her strength, as well with her fellow servants as with the patients; and it really became a habit with her to do those things by force, which others would have effected by gentle means.

It is a fact well known to those who have had much experience in the affairs of lunatic asylums, that if low bred and illiterate persons are continued in their situations as keepers for many years, they frequently become themselves insane.

The continual exercise of power in the controul of others, works so much upon their weak minds, that they consider themselves a superior order of beings, and they ultimately become so cruel and tyrannical as to be totally unfit for their situations, and it is oftentimes necessary to place them under restraint as confirmed lunatics.

It may be urged that there would be some difficulty in procuring persons of a better class

to undertake the office of keeper, inasmuch as some of the duties are menial; but, at a time like the present, when so much distress pervades the middling classes, and when so many respectable and intelligent men are out of employment, there is no doubt that numbers of persons could be found who would cheerfully accept of such situations. It would of course be necessary that some addition should be made to the paltry salaries at present given to keepers, which in some large establishments do not exceed twenty pounds a year. Where such enormous sums are paid by the friends of patients for very indifferent accommodations, surely some little sacrifice might be made to procure such personal attendants as would secure respectful and humane treatment.

There are undoubtedly some parts of the duties which it could not be expected that persons possessed of superior feelings would undertake, particularly the personal care of wet and dirty patients; but as two or more

persons are always required in each ward or gallery, one might perform these duties under the controul of a superior, whose duty should be, more particularly, the moral superintendence of the patients.

To this it will probably be replied, that there always is a general superintendent, the proprietor of the establishment, or some person appointed by him, whose duty it is to attend to the moral treatment, and to see that no unnecessary harshness or cruelty is exercised towards the patients.

But even admitting this, the means which the most vigilant can have, especially in large establishments, of attending to the moral treatment of the patients, or of controuling the general conduct of keepers, are very limited; and daily and hourly opportunities will occur, when the ill-tempered and unfeeling may gratify their bad passions, and, in spite of the best intentions on the part of the superior,

the greatest cruelties may be practised without the least chance of detection.

It is indeed afflicting to contemplate such depravity in human nature, — to know that beings bearing the outward semblance of mankind, could be guilty of ill treating so unhappy and defenceless a portion of our fellow creatures. But we have it upon the admission of the keepers themselves, that the most horrible cruelties have been perpetrated in lunatic asylums. What then would be our feelings, could the miserable patients themselves tell the tale?

It is impossible to calculate upon the good effects which would result from the employment of a superior and more considerate class of persons as immediate attendants upon the insane.

Many instances might be adduced where the greatest benefit has resulted from a change

in the system of treatment, and of attendants. Patients who have been so violent as to render two keepers necessary, have in a short time become so calm, that they could with the utmost safety be left to their own controul.

I knew a female patient in a very delicate state of health, and afflicted with a species of lethargic stupor, amounting almost to that disease which medical men term catalepsy. In whatever situation or posture she was placed, she would continue for hours fixed and motionless, and it was with considerable difficulty she could be induced to take sufficient nourishment for her support. She was placed under the care of a woman who did not appear to possess one single spark of that softness, which is generally esteemed as one of the brightest attributes of the sex. This amiable personage referred the whole of the patient's disorder to downright obstinacy of temper; and her custom was, when meals were ready, to give the poor sufferer a most

violent shaking, and, if this failed to arouse her, she would proceed to force the food into her mouth, in such a brutal manner, that the blood has streamed from her lips. The consequence was, that her disorder increased, and she scarcely took sufficient food to support existence; and had this system of treatment been persevered in, death must ere long have terminated her sufferings. But fortunately this keeper was dismissed, and her place supplied by one of a milder and kinder character. The difference soon became apparent; she took her meals spontaneously and with some regularity; her health was improved; her mental powers became strengthened, so that she was occasionally able to apply herself to some little employment.

Sufficient has, I think, been said, to prove that great benefit would accrue to the insane, were a better class of persons employed as attendants or keepers.

# CHAPTER VII.

## ON THE DUTIES OF KEEPERS.

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I KNOW of few situations in life in which a greater trial of temper takes place, than in that of an attendant upon the insane. In many cases it is almost beyond human nature to bear with the various caprices, oftentimes blows, and above all, that insensibility to kindness which most insane persons evince. Ingratitude is a vice of such hideous mien, that, even in an idiot or a maniac, it is hard to bear with. Some patients there are whom

no kindness can win, and no attention move to grateful feeling; but, on the contrary, the more you strive to gain their affections, the stronger does their antipathy become.

I once had a patient under my care, a fine handsome youth about twenty years of age. He was perfectly collected and sane, but laboured under an extraordinary depression of spirits. I felt much interested in his welfare, and treated him with marked attention and kindness: had he been my own child, I could scarcely have shewn him more consideration. I humoured his whims, administered to his wants, watched over his health, and, indeed, left nothing undone which I thought could promote his restoration; and I did hope that, in return, I should succeed in gaining his confidence and esteem, and that he would at least feel grateful for what I had done for him. To know that our kindnesses are not thrown away, but that they are felt, is a source of pleasurable feeling; but to find

that our best efforts to please are given to the winds, and incapable of eliciting even an acknowledgement, is painful indeed, and hard to be endured. In this case, I found all my efforts were thrown away, and that he still looked upon me with distrust and suspicion. A letter which he had written to his friends was intercepted, in which he stated that he was regarded with disdain and contempt, and treated as though he were a murderer! Yet this, and more than this, must be borne without inducing any alteration in our conduct towards our patients. Our efforts to please must be persevering, and we must continually bear in mind that we have to do with beings who are incapable of judging of their own actions, or of appreciating the actions of others.

How necessary is it, then, that keepers should have sufficient command of temper to pass over the many provocations they must meet with, and to enable them to bear con-

stantly in mind, that those over whom they are placed are not amenable to the laws which guide and controul the actions of reasonable creatures.

Keepers should patiently bear with all those eccentricities of conduct which characterise most stages of insanity, so far as they are not absolutely hurtful to themselves or to others; and should give encouragement to every thing, however puerile or trifling, which can in any way tend to occupy the attention of the patients. For nothing is of more importance in the treatment of the insane, than keeping the mind in a continual state of harmless activity, thereby preventing a recurrence of those morbid feelings which mark every stage of insanity.

Thus, singing, dancing, cards, bagatelle, billiards, and every thing which can amuse, should be resorted to; taking care to keep

up a succession, as the mind is apt to tire if confined too much to one object.

I knew a female keeper who prided herself upon the stillness which reigned amongst her patients; singing above all things was her abhorrence; and true it was that silence did prevail; and such of the poor creatures as could be controuled, sat fixed like living statues in the eastern tales. But can it for a moment be imagined that the patients were benefited by such treatment? Certainly not; for the mind thus unoccupied with external objects, was left at liberty to indulge in its own unhealthy workings, and thus add fuel to the flame of mental disorder.

In the personal intercourse with insane persons, they should never be treated as though they were considered insane, and then the insinuation may sometimes be used with good effect in curbing improper feelings and actions. I have often seen a wandering mind

called back by such an expression as, " Really Mr.——, people will think you are out of your senses ;" and I have known patients express themselves highly indignant, that it should for a moment be supposed they were insane.

I once had to remove a patient, a medical gentleman, some distance to an asylum, and, as I was anxious to avoid force, I used every argument to induce him to go with me without avail, until at length I hit upon the expedient of requesting his attendance upon some patients in the country. To this he readily acceded, observing, that "as a medical man, if you insist upon my accompanying you, I have no alternative;" and the same gentleman was always pleased, if he were asked for his opinion as though he were the medical superintendent of the establishment.

For these reasons, I would have every thing about an asylum, which could recal unpleasant associations to the minds of the patients,

removed. Instead of the prison-like iron bars to the windows, the sash frames should be of that material; and it should be strictly forbidden to the attendants to speak of keepers, asylums, patients, &c. and the inmates should be considered merely as visitors at a country boarding-house.

Every thing should be avoided which can tend to irritate or offend the patients. Their little fancies and humours should be indulged as far as is compatible with their health and safety; and, when it does become necessary to repress an exuberance of feeling, pains should be taken to convince the patients that it is for their benefit, and not a matter of personal convenience to the keeper.

Much good may be effected occasionally by treating the insane with a sort of tacit confidence, and some patients retain so high a sense of honour, that, when they are entrusted with any degree of liberty, their parole may

be taken that they will not exceed prescribed limits. This measure of confidence will be attended with much benefit, though at the same it may be necessary to keep a watch over their conduct.

I knew a person, decidedly insane, who attached such importance to his parole, that he was suffered to go several miles from the asylum, attended by a mere nominal guard, which would have been completely ineffectual to prevent his escaping, had he been so inclined.

Some patients are so susceptible, as to feel highly indignant at any direct observations made upon their conduct. Their bad habits must be attacked by directing your remarks through the medium of reflections upon such conduct in others. Many slovenly or dirty habits may be corrected by these means, when direct observations would be offensive and ineffectual.

Regularity of habit in rising in the morning and retiring at night; stated times for meals, recreation, &c. are of great importance. Many patients will, if permitted, eat to such an excess, as to produce very bad effects upon their health; others will eat so immoderately at one meal, as not to require food again for a considerable time. I knew a patient who would, if permitted, eat so large a quantity, that it was with difficulty he could be roused at all the next morning. All these errors should be carefully guarded against, as they produce indigestion, and a long train of bodily and mental disorders.

I have thus given a general outline of the principal things which I conceive necessary to be observed in the treatment of the insane; and were asylums generally governed upon these principles, many of the objections which I have before urged against these institutions would undoubtedly be removed.

## CHAPTER VIII.

### ON THE NECESSITY OF THE MEDICAL PROFESSION GENERALLY PAYING GREATER ATTENTION TO THE SUBJECT OF INSANITY.

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It is a remarkable circumstance in the medical jurisprudence and economy of this country, and not to be accounted for upon any rational principle whatever, that, in the education of our youth for the medical profession, the subject of insanity is totally omitted. It may, I think, be fairly argued that the great increase of mental disorders is in some measure to be attributed to this neglect. What should

we think, if, in a course of medical study, any one class of disorders, fevers, for instance, were to be totally overlooked? Should we not consider a man so educated, as utterly unfit to be entrusted with the care of the public health? And surely those diseases of the brain, which produce mental aberration, are as much within the province of the general practitioner, and the study of them quite as important, and as necessary to the public weal, as of fevers or any other kind of disease. The effect of this omission has been, that lunatics have generally been consigned to the care of sordid and unprincipled men, whose only object is the accumulation of wealth, without the least regard to the health and comfort of the patients. It is true that some medical men have, apparently, given their attention almost exclusively to this subject; but the only effect has been to procure for themselves a monopoly in the treatment of the insane, whilst the extreme darkness and ignorance which prevail, evince that

they have done very little for the promotion of this most important branch of medical science. The stultifying effect of monopolies, whether existing in commerce, arts, or sciences, is so obvious that it is needless for me to enlarge upon it. No doubt can exist in any unprejudiced mind, that, were the subject of insanity made a necessary part of medical education, and its treatment thrown open to general competition, the knowledge of mental disorders would soon become commensurate with the advanced state of the other divisions of medical science.

The frequent consequence of this ignorance is, that, when a medical man is called upon to attend a patient evincing symptoms of insanity, he is at a loss how to proceed; and if, after administering a few doses of medicine, and abstracting a few ounces of blood, the patient does not improve, he becomes fearful of the results of his own ignorance, and he hurries the hapless sufferer off

to a lunatic asylum, frequently thereby consigning him to the care of others equally ignorant with himself, and subjecting him to the chance of a long train of evils which I have already pointed out. Had the medical man possessed a requisite portion of knowledge and experience upon the subject, he might, by an attention to the proximate cause, by change of scene, and by a judicious care of the general health, in a short time have restored the patient to sanity.

The consequences of sending a patient off pell-mell to a madhouse, are in some instances even more afflicting than any I have yet pointed out; and I shall relate an instance that came immediately within my own observation, which will shew, in its true light, the danger of ignorance and precipitation.

Some time ago I was a keeper at a private lunatic asylum in the country. One day, when the medical attendant happened to be

from home, a post chaise drove up to the door, and the driver delivered an order from a medical gentleman a few miles distant, to the effect, that proper persons should be sent immediately to remove a female lunatic who was to be placed under our care. It devolved upon me to attend to this; and, accompanied by a female keeper, I proceeded in the chaise to the house where the patient resided. I was shewn into the room where she lay. I found her in a state of the most violent delirium, and already under the restraint of a strait waistcoat. Her face and head were excessively hot and flushed; she was talking incoherently; one of her eyes appeared starting from its socket, and its cornea was opaque. I felt her pulse, which I found excessively quick, small, and wiry; I then made enquiry of the attendants, and found that she had occasionally, for some months past, complained of violent pains in her head, and that she was taken much in the way in which I found her, only in the afternoon of the day before; but

they did not then observe the change which had taken place in her eye; she was about forty years of age, and of a gross habit of body.

Shortly after she was taken, a medical man was sent for, who merely prescribed a blister in the nape of the neck. She, however, got worse, and it required seven or eight persons to hold her; the medical man was again sent for in the middle of the night, when he merely put a strait waistcoat upon her, and said he would direct her removal to a lunatic asylum the next day!

I certainly entertained an opinion of my own upon the case; but my duty was not to dictate, but to obey. So with some difficulty I removed her to the chaise and conveyed her home, — home to her indeed!

My medical readers, and indeed my readers of every class, may judge of the propriety of

jolting a person afflicted with acute disease of the brain, ten or twelve miles in a post-chaise.

On our arrival at the asylum, the patient was put to bed, and shortly after the medical attendant arrived. He immediately formed an unfavourable prognosis of her case. She was so feeble, that immediate bleeding was impracticable ; and considerable difficulty was experienced in getting any medicine into her stomach. But at length six grains of calomel were administered ; she was carefully attended during the night, but no reaction took place until about half past six o'clock next morning, and then very slight, the last effort of expiring nature ! A few ounces of blood were with difficulty extracted from her arm ; but alas ! without avail, for at eight o'clock she expired !

It is needless for me to make many observations upon this case. It must be obvious to every one, that the patient was labouring

under acute disease of the brain, which required immediate and active treatment; that the jolting of a post-chaise, with the irritation produced by lifting her in and out, must have had the effect of increasing her disorder; that her delirium arose entirely from the effects of brain fever; and that, consequently, she was not a proper subject for removal to a mad-house.

It is not now either fashionable or prudent to call things by their right names, or some very harsh things might be said on this case.

Immediately upon the death of the woman, I went to inform Mr.———, the medical gentleman who sent the case to us, and I was desired to express a wish that a *post mortem* examination should take place. He appeared no way surprised or concerned at her death, but treated it quite as a matter of course; and when I mentioned the subject of examination, he objected to it in toto. "What good

would that do?" said he. I replied, "In order, if possible, to discover the immediate cause of her death." "Oh nonsense," was his reply, —"if any thing is found out, it will be more than ever was yet"!!

However, an examination did take place; the brain was carefully dissected by a gentleman fully competent to the task, and the result was such as to justify the opinion previously formed, that there existed active inflammation of the brain or its membranes. I may observe that shortly after death a great quantity of fœcal matter came away, from the effects of the calomel, evidently indicating that the first and most obvious remedy had in this case been totally omitted.

It will naturally be demanded why a coroner's jury was not summoned to institute an enquiry into the cause of her death. The reply is, that it was in a secluded situation, and no one troubled himself about the matter.

The proprietor of the asylum objected to it, probably thinking that something might be elicited not very creditable to the medical skill of the gentleman who sent the woman to the asylum.

And even had a jury been called, it is not improbable that all would have been hushed up; the jurymen would have been ignorant countrymen from the neighbourhood; the witnesses would have been all interested, and the coroner knowing nothing about the matter himself, a verdict would have been returned, "Died by the visitation of God," instead of "Died by the visitation of the doctor," which would have been the more correct of the two.

This case proves how absolutely necessary it is that inquests should be holden upon the bodies of all persons dying in lunatic asylums; and I am glad to see, by the report of the committee of the house of commons, that it is in contemplation to enact such a regulation.

It has been suggested by the editor of a popular periodical work,* that it would be a most important improvement in medical jurisprudence, if coroners were to be selected from amongst eminent medical men; and the case just cited is a strong confirmation of the necessity of such a regulation. Medical coroners would be much more competent to institute a critical enquiry into the causes of sudden deaths, than men totally unacquainted with the subject. Many cases, where death has ensued from the ignorant and empirical treatment pursued by pretenders to medical science would be exposed, and society would be put on their guard against quacks and impostors.

It has been too often fatally proved that a diploma is no guarantee of skill, and that many are yearly let loose upon the world with the parchment character of "sound

* Vide Lancet, No. 220, and subsequent ones.

chirurgicals," who are not fit to be trusted with the care of an ailing ass or ape.

Again, recurring to the necessity of the study of insanity being made an adjunct to medical education, I would suggest the propriety of instituting a school or schools for this purpose, in connection with the public institutions for the insane; that proper teachers should be appointed, and every facility should be given to the studies and improvement of the pupils, by lectures, clinical and *post mortem* examinations, &c. &c.

## CHAPTER IX.

### ON DRUNKENNESS, AS AN EXCITING CAUSE OF INSANITY.

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THERE is one class of madmen that has seldom hitherto been subjected to restraint, but which might, I think, with very great propriety, be put under the wholesome restraint of the strait waistcoat. Almost all other lunatics are entitled to our pity; but these are placed completely without the pale of sympathy, inasmuch as they are the immediate instruments of their own moral degradation, and may be said daily and hourly to commit mental *felo de se!* Who has not wit-

nessed the devastation and misery inflicted upon an amiable family, by the habitual drunkenness of him who ought to be its protector and friend? There is scarcely a person in existence who has mixed much in society, who has not seen instances in which men, who have possessed sufficient property to render themselves and their families comfortable and independent, and who, under the influence of this most degrading vice, have squandered the whole in dissipation, and have ultimately become burthensome to society.

I know a man at this time whose father left him a fortune that would have supported him in affluence all his life; but who in three short years managed to dissipate the whole, and he is now a pauper! Another I could name, who became possessed of a good estate in land; he has a large and an increasing family; he has mortgaged his estate to its extent; the whole proceeds have been spent in drunkenness and debauchery, and the pro-

bability is, that a short time will bring him and his family upon the parish.

When a man becomes insane from other causes, even though he may not actually be squandering his property, a writ *de lunatico inquirendo* is sued for, a commission issues, and his person and property are placed under proper controul. Surely then, when it is known that an habitual drunkard is squandering his property, injuring his health, and depriving his family of the means of existence, there would be no impropriety, supposing the fact to be clearly established, in placing his person and property under suitable restraint. A writ *de inebriato inquirendo* should issue, and fit persons should be appointed to manage his affairs, and thus prevent him and his family from becoming burthensome to society.

It has been often remarked, that as the softer sex exceed man in virtue, and all the nobler traits which ornament human nature, —

yet, when once they overstep the line of rectitude, they plunge headlong into the vortex of vice and infamy, regardless of the consequences to themselves and to others, and leave their competitors in crime of the other sex at an immeasurable distance.

Drunkenness, bad enough in a man, becomes doubly disgusting in a woman: a drunken woman stands upon the threshold which opens to every other vice.

The bright prospects of many a promising family have been blasted by the influence of this vice over its female head; the fond and indulgent husband, driven from his home and his business to seek refuge in a tavern, returns but to weep over his wife's dishonour. He fondly trusts that time will correct her, but alas! a drunken woman is irreclaimable. He is obliged to remove his children from her debauching influence, and finally to cast her off altogether, when, led by this dreadful infatua-

tion, she plunges into the lowest depths of criminality and wretchedness.

Now would it not be better that, upon sufficient proof being given of the obduracy of the habit, such a woman should be placed under restraint? These are the sort of patients I would consign unpitied to lunatic asylums, and without much scrutiny into their treatment. A little rigid discipline might have a wonderful effect in bringing them to a sense of their own degradation.

I know not if physicians are in the habit of granting certificates in such cases, but persons are sometimes placed in asylums for drunkenness. I remember a fine handsome woman, the mother of a family, being brought into one, by her almost heart-broken husband, who declared with tears in his eyes, that she had not been one day sober for five years!

## CHAPTER X.

### ON MASTURBATION.

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I NOW come to the last, and, I may say, most unpleasant branch of my subject; and I enter upon it with considerable hesitation and diffidence, aware that my humble pen can do but feeble justice in exhibiting the awful effects of an indulgence in this most pernicious and debasing vice.

It is much to be regretted that some medical writer of talent, and estimation in society, has not turned his attention to the subject, and given the influence of his name, in denouncing to the world the misery and

devastation which are the unerring consequences of this sordid and solitary practice.

It is, indeed, an unpleasant and thankless task, and there probably exists in most minds an unwillingness to enter upon a subject in which there is so much difficulty in adopting such language as may exhibit vice in its true colours, without offending the ears of the chaste and virtuous.

But a question of such paramount importance should not be sacrificed to any false and prudish notions of delicacy. I shall, therefore, offer such observations as I may think calculated to check the progress of a vice which has done more to fill our lunatic asylums, than the whole catalogue of exciting causes besides.

I may, perhaps, be suspected of exaggeration, when I state what proportion the number of the insane from this cause bears to the

aggregate; but I have it upon the authority of a gentleman who has had some hundreds of lunatics under his care, that full three fourths of all recent cases, in patients from eighteen to thirty years of age, were insane from the effects of masturbation! Two fifths also of confirmed cases may be assigned to the same cause. My own experience confirms this computation, and I think the relative numbers of males and females are about equal.

How important it is then, that this loathsome vice should be traced to its hiding places, and its horrid consequences exhibited to public view!

When enquiry has been instituted, and information obtained which could be depended upon, it has been generally found that these practices have had their origin in boarding-schools; and it will be within the memory of many to have observed that some of their

play-fellows indulged in this way, little aware of the dreadful mischief they were entailing upon themselves.

It is a great evil to allow large numbers of young folks to associate together indiscriminately, without some person continually with them, to prevent any vicious habit from being communicated from one to another. Children at school are so much occupied during the day with their studies and their amusements, that they have time to think of little else; but at night they are sent to bed early, large numbers are placed in the same dormitory, and without any one to controul their conversation; it is at such times that the mind is very accessible to mischievous impressions;

> One wounded sheep infects the flock,
> And poisons all the rest.

And thus it is, though ninety and nine be pure and spotless as the driven snow, if the hundredth is immoral, the poison is soon disseminated, and the whole flock becomes initiated into a vice, which, if not timely checked, will blast their intellectual faculties, and consign them to a madhouse until death shall close their guilty career.

This is no imaginary evil, and it behoves parents and guardians to look to it. I would send no child of mine to a boarding-school, unless I had satisfactory proof that the most vigilant attention was paid to morals in general, and to the prevention of this practise in particular.

To governors and governesses of schools I would say, keep the minds of your children actively engaged, and under your own eye, until such a time of night as they may be fatigued, and ready to commence their slumbers.

Then let your teachers accompany them, and sleep in the same rooms, with a strict injunction to watch carefully over their conversation and habits.

In most schools, the children are sent off to bed, at an early hour in the evening, merely for the purpose of getting rid of them, and they frequently lie and talk for hours without controul. We all know that there is in the human mind a strange propensity to vice, and children in general will eagerly listen to any conversation which they think will render them wiser than they were before. Most persons who have been at boarding-schools will know, that if any thing bad has been learned, it was at these times, when darkness and the absence of controul gave opportunity for the dissemination of wickedness. Look into our lunatic asylums, and numerous cases of insanity may be found whose origin might be traced to vicious associations at schools. I could adduce an instance where this practice

was learned by a female, and indulged in, at the early age of eight years! She is now the inmate of a madhouse, and without the most remote hope of recovery.

It is not only in our private schools that we find this vice, but our public foundations, and our colleges are very prolific in it. The heads of our universities are particularly scrupulous in driving from their neighbourhood the frail fair, lest they should contaminate the votaries of learning; whilst a vice far more degrading in its practice, and infinitely more baleful in its effects, rages within the very sanctuaries of classic lore. Many a brilliant genius has sunk into fatuity beneath its degrading influence. I need not bring a greater proof of the dire effects of an indulgence in the practice of masturbation, than the deplorable state of mind to which it reduced one of our greatest poets.

When there is any indication of insanity in

a young person, the strictest scrutiny ought to be made to discover if it be the effect of this vice. Medical men in particular should bear continually in mind the necessity of this enquiry, especially as it is known that so great a portion of cases of insanity arises from this cause.

If it be discovered that this practice exists, its horrible and unerring consequences should be pointed out to the patient in the most glowing colours, and it should be continually impressed upon the mind that, if it be persisted in, he or she must inevitably become a slavering idiot, or a furious maniac, and end their wicked and miserable career in a mad-house.

In early cases, and where the mind is not much injured, expostulation may have the desired effect; the practice may be discontinued, and the patient soon restored to health. But it frequently happens that the

mind is so far affected that all self-controul is lost. It then becomes absolutely necessary that such means of restraint should be resorted to, as will render the repetition of the abuse impracticable. I should conceive this one of the very few cases where actual coercion is justifiable, inasmuch as it is positively necessary to prevent the repetition of practices which, if continued, must preclude for ever the chance of recovery.

As far as my experience has gone, no means are resorted to in lunatic asylums to check this vice; and, if enquiry were to be made, I fear this would be found too generally the case. Thus patients pursue their own course, and ultimately become confirmed lunatics. I have myself seen stout healthy men brought into an asylum, labouring under the effects of this vice; the mind was too far affected to be influenced by remonstrances, and as no other means were resorted to, they got worse and worse, until at length one of them became

so bad, that he made a desperate attempt upon the life of a keeper.

I would recommend it to the notice of magistrates, and others, engaged in the government of lunatic asylums, to enquire into this subject; and, if no steps are taken to check these practices, to see that a proper system of restraint be adopted.

In cases where this vice has been learned in early life, and where its consequences have never been exhibited to the mind, some consideration may be due; but where human beings in the full possession of their faculties, adopt and practice masturbation, they are little entitled to our sympathy, inasmuch as they wilfully inflict the evil on themselves; and I should feel no compunction in subjecting them to a very rigid discipline. I could point out several patients for whom the treadmill would be a most effective remedy. I

know even a medical man, who gave himself up to this indulgence, and is now the inmate of a lunatic asylum.

This vice is frequently the offspring of morbid feelings excited by disappointed love, especially in females; and parents who refuse consent to unions otherwise eligible, merely from some paltry consideration of a pecuniary nature, little know the mischief they may inflict upon an affectionate child. Early marriages, if more generally adopted, would check not only this, but many other destructive vices.

I now take leave of this unpleasant subject, and in conclusion have to apologise for the very imperfect manner in which I have treated it; and to express my regret that some one better qualified by talent and influence has not taken it up, and treated it in a manner which its importance to society demands. If I should be the humble instrument of check-

ing so degrading a vice, in however small a degree, and of snatching but one fellow-creature from the brink of mental annihilation, my labour will be amply rewarded.

# APPENDIX.

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*Extract from the Report of the Select Committee appointed to inquire into the state of the Pauper Lunatics in the County of Middlesex.* 1827.

In the course of their inquiry into the state of the pauper lunatics of the county of Middlesex, the attention of your committee has been particularly directed to the treatment of the male paupers of the parishes of Marylebone, St. George, Hanover Square, and St. Pancras, who have been or are confined in the white house at Bethnal Green, belonging to Mr. Warburton. The evidence thereon is specially submitted to the consideration of the house.

From the registers of the visitors appointed by the college of physicians, and from other testimony, your committee might infer, that however great its defects may be, Mr. Warburton's establishment has hitherto been considered as good as the generality of licenced houses where paupers are received in the neighbourhood of the metropolis; but if the white house is to be taken as a fair specimen of similar establishments, your committee cannot too strongly or too anxiously express their conviction, that the greatest possible benefit will accrue to pauper patients by the erection of a county lunatic asylum.

The select committee of 1815 called the attention of the house to the following abuses in the management of the houses for the reception of lunatics:

" 1. Keepers of the houses receiving a much greater number of persons in them than they are calculated for; and the consequent want of accommodation for the patients, which greatly retards recovery.

" 2. The insufficiency of the number of keepers in proportion to the number of persons intrusted to their care, unavoidably leading to a proportionably greater degree of restraint than the patients would otherwise require.

" 3. The union of patients who are outrageous with those who are quiet and inoffensive.

" 4. The want of medical assistance, so applied to the malady for which the persons are confined.

" 5. The detention of persons whose minds do not require confinement.

" 6. The insufficiency of the certificates on which patients are received into madhouses.

" 7. The defective visitations of private madhouses, under the provisions of the 14 G. 3. c. 49."

The evidence taken before your committee, leaves no doubt that these observations are still applicable to licensed houses where paupers are received in the neighbourhood of the metropolis, and they are apprehensive that similar abuses elsewhere prevail, as no improvement has taken place in the law. It has been clearly established in evidence, that there is no due precaution with respect to the certificates of admission, to the consideration of discharge, or to the application of any curative process to the mental malady. Your committee therefore repeat, adopt and confirm the recommendations of the committees of 1807 and 1815, and they trust that every effort will be made during the recess by all persons concerned in the controul and management of their establishments, to improve the condition of the unfortunate lunatics committed to their charge: and they further recommend, that legislative measures of a remedial character should be introduced at the earliest period of the next session. They have therefore in consequence prepared a series of propositions, which they beg to offer as the basis of future legislation. Your committee have purposely omitted any statement of fines and penalties, conceiving such points may more properly be considered when any bill or bills shall be introduced.

Your committee are aware that some expence may be incurred by the system of visitation they recommend, but the appropriation of the fees on licenses (which might perhaps be

increased). and fines levied, would defray a considerable part of such expense; and your committee confidently anticipate that the additional sum required will not be considered of importance, when compared with the great and practical benefits to be derived from an extended and improved system of regulating and visiting lunatic asylums.

In making the following extracts from the evidence, I cannot but remark that great injustice has been done by making the establishments belonging to Mr. Warburton alone the objects of inquiry, thus subjecting that gentleman to the whole of the obloquy of which others ought to have borne the principal share. It has been admitted by most of the witnesses who were capable of judging, that the White House was as well conducted as any other receptacle for pauper lunatics, and in some things better. It is the system under which such evils were allowed to exist, and not the mere agents, which is to be reprehended.

*Mr. John Hall called in, and examined.*

You are a guardian and director of the poor of the parish of Marylebone?—I am.

Have the goodness to state to the committee the circumstances which induced that parish to remove their patients from the care of Mr. Warburton?—In the month of August last I paid a visit with a brother director and guardian, the Rev. Mr. Birdwood, to the establishment at Bethnal Green called the White House; we desired to see the whole of the Marylebone paupers, and we saw them all, with the exception of one male pauper, who, we were told, was in the infirmary. I should perhaps state, that they were brought down to us in the respective yards; the females first, in their yards and day rooms; the men in their yards, with the exception of this male pauper; he was some time making his appearance. We became at last a little impatient, and said we would walk to the infirmary: there was a little hesitation in shewing us the place; but at last we discovered where it was, and we went up stairs to see this person. They were then endeavouring to bring him down; one or two persons were leading him down;

he was very lame. I gained access with Mr. Birdwood into this infirmary, and there we found a considerable number of very disgusting objects—a description of pauper lunatics, I should conceive chiefly idiots, in a very small room: they were sitting on benches round the room, and several of them were chained to the wall. The air of the room was highly oppressive and offensive, insomuch so that I could not draw my breath; I was obliged to hold my breath while I staid to take a very short survey of the room.

Describe more particularly the state of the room?—It contained the description of patients called the wet patients; they were chiefly in petticoats; they are known to gentlemen in the habit of inspecting houses of this description; they appeared to be of the worst description of decided idiots; and the room was exceedingly oppressive, from the excrement and the smell which existed there. In the place where I understood the persons who were labouring under temporary illness would be, there were six or seven cribs; there were no patients occupying the cribs at that time. The discovery of this infirmary led to some conversation among the members of the poor-house board, and about the same period a man returned cured to our workhouse, who had been a considerable time at the White House, under the care of Mr. Warburton, or rather Mr. Jennings, who keeps the house under Mr. Warburton's superintendence; on our having some conversation with this person, he led us to suppose that the patients were very much confined in the winter months, particularly on the Sundays, in their bed-rooms; and that at all times in the short days they were sent to bed at a very early hour, and kept there a great many hours confined to the cribs; I mean that description of paupers who usually slept in cribs, the wet patients, as they are technically called; in consequence of this, Lord Robert Seymour, Mr. Pepys, and myself, agreed to pay an evening visit after dark to that establishment, with a view of satisfying ourselves as to the truth of the story told by the then sane patient. We accordingly proceeded to Bethnal Green, and arrived there about half-past seven or a quarter to eight in the evening on the 26th of February last; Mr. Jennings was on the spot, and we requested permission to inspect the Marylebone paupers, Lord Robert stating that he was a magistrate for the county as well as a director and guardian of the poor of Marylebone, and that the gentlemen with him, namely, Mr. Pepys and myself, were also directors and guar-

dians; Mr. Jennings refused to let us see the patients; he complained of the visit at such an unseasonable hour; he said he hoped the legislature would protect houses from visits of that sort. Lord Robert looked at his watch, and it was then a quarter before eight; Mr. Jennings was pressed three or four times by Lord Robert, and at last he turned round and said, "Surely, you would not wish to see females in their beds at this time of night," making use of the term night; the answer of Lord Robert Seymour was, "Shew us the males." He refused positively to do so; he said he would take upon himself, in the absence of Mr. Warburton, to refuse any inspection whatever of the paupers; upon that of course we retired. The circumstance was made known at the next meeting of the board at the Marylebone workhouse, and we came to the resolution of immediately removing the paupers from the care of Mr. Warburton; I think it was at that period they sent to Mr. Warburton to say, that such a resolution had passed, and that he might, if he thought proper, attend before it was confirmed; he was invited, at any rate, before they were removed, to attend at the workhouse; he did so attend, and he certainly justified the conduct of Jennings, the person who keeps the White House, and decidedly said, that if such were to be the terms on which visits were to be paid at such unseasonable hours, he would rather give up the paupers altogether; the paupers were shortly afterwards removed, and a committee was appointed, consisting of Lord Robert Seymour, Lord Kenyon, and other members of the board; they were removed to Sir Jonathan Miles's establishment at Hoxton, the parties consenting to the doors being opened at any hour of the day or night.

You stated that the infirmary was in the most horrid state, and that the stench was such as to prevent your remaining in it?—I could not remain in it.

Will you state more particularly the condition in which it was, and the size of the room?—The room was not so large as this; it was an oblong room; it might be as long as this room, and perhaps as wide, taking six feet from this side.

*Extract from the Evidence of Mr. Garrett Dillon.*

You are employed as surgeon to the parish of St. Pancras?—Yes.

In the discharge of your duty as surgeon to the parish of

St. Pancras, have you been in the habit of visiting the establishments of Bethnal Green, belonging to Mr. Warburton? —I have visited the White House for upwards of six years.

Will you state, in the first place, your opinion as to the medical treatment in that establishment with regard to the cure of the patients?—With regard to the cure of derangement there is no medical treatment.

Will you have the goodness to state to the committee your opinion of the state of the house?—My opinion of the condition of the White House is, that it is unfavourable to recovery; in fact, that it almost offers every obstacle to recovery that can well be conceived.

Will you state these obstacles?—The principal obstacles are, that there is no observance whatever as to regulation of diet; the high and the low are allowed the same description of food; in the day-time, persons labouring under every form of insanity are in the same rooms and in the same yard; there is no classification whatever; some of them chained to seats, and some of them hand-cuffed; and there are some exceedingly noisy, and others melancholy and dull, all in the same apartments, and in a yard too small for such a number, where they have not room for exercise or for employment; there is no employment whatever which I think, as a medical man, would be very useful in curing many forms of insanity.

As a medical man, when you were attending any of the pauper patients belonging to your own parish, where did you see those pauper patients when they were sick?—I cannot say that there is the necessary accommodation for the sick there; I was for more than two years attending that institution before I saw the infirmary, and then it was upon the occasion of an old man named Rutlock, who was a schoolmaster in Kentish-town; he was confined, and I wanted to see him; they said he was in the infirmary, and they would bring him to me: I said I would go to him; and after a good deal of hesitation, I was allowed to go into the infirmary; it was a mere place for dying; in fact it was not fit for sick persons; that was about three years ago.

Persons were always brought to you in another apartment when you wished to see them?—They were brought down stairs; when I go there, my practice is to go in direct amongst the whole; but even then I have been obliged to direct some of them to be put to bed, finding them in a dying state in the yard.

Was the infirmary, when you were admitted to it, in a disgusting state?—Certainly so; any thing but fit for the reception of the sick, the male infirmary; the female was better.

Were you in the habit of seeing patients in the female infirmary?—Yes, occasionally; but in general there is no observance of sending them to bed when they are sick; I scarcely ever go there that I do not find some one that is lingering about the yard in a half-dying state, that ought to be in bed. On Monday last there was a patient brought before the directors of the poor, that was sent from St. Pancras parish ten days before; the poor man was in an exceedingly sickly state, and I mentioned that he ought to be put to bed directly; however he was brought in to be inspected by the two magistrates who were present, and others of the directors of the poor.

How often are you in the habit of visiting that establishment for the purpose of seeing the poor belonging to your parish?—At least once a month; I have gone there oftener.

During the interval between those visits, by whom are those patients attended?—They are entirely at the mercy of the keepers; and my visit is of no use as a medical visit.

Do you mean to state that they have no medical attendance at all during the interval between your visits?—They tell me that medical men attend there; I have met the apothecary there from time to time, but I do not consider the medical treatment efficient; I do not consider there is any regular system of medical treatment in that house.

Do you mean to state that if you were to visit one of your pauper patients, and found him labouring under some bodily disease, that that man will receive no further medical assistance till the return of your periodical visit?—I can do no more when I go there; I point out that such a man requires medical treatment; they tell me then that this treatment will be carried into effect by the apothecary they employ; I do not know whether it is done so or not.

Have you any reason to believe that your advice and recommendations have not been followed, and that care has not been taken of those patients whom you have pointed out as being worthy of the attention of a medical man? I will instance a case in which I have every reason to believe that was the case; a man named Ferguson, belonging to St. Pancras parish, died in the White House on the 29th of April; I saw him a fortnight before his death, and I observed to the super-

intendent that he was feverish ; that animal food was improper for him ; that his diet should be attended to ; that he required to be looked to by a medical man ; I had not an opportunity of seeing him again till the day before he died, that was Saturday the 28th of April, when I found him in the yard, or in the room off the yard, which is all open to the paupers, and the moment he saw me he complained that he was dying, that his head was bursting asunder ; that the noise was killing him ; and I have every reason to believe that there was nothing done in that man's case from the time that I saw him about a fortnight before his death till that time ; he died the next day.

Did you ascertain that by asking the question, did you inquire of him whether he had any medical assistance ?—No, I did not ask him the question ; but I said that that man should be taken care of, to Mr. Jennings ; I said he ought to be bled directly, I had one of my pupils with me, and I said we will bleed him now ; he said no, there is no occasion, but there is a medical man coming here that will attend to him, but he was never put to bed, he was never treated as a sick person.

Do you know any thing respecting a man of the name of Lethers ?—I sent him there, I saw him before he went, and I saw him in the house ; his health declined very rapidly after he went there, and I know no more than by hearsay.

When you have been upon those periodical visits to Mr. Warburton's establishment, did you ever see Mr. Warburton himself there, as if he was taking any active part in the superintendence of his establishment ?—I never saw him at any period.

Can you give the committee any information as to the efficiency or inefficiency of the visitations of those establishments by the medical board ? —As far as I could ascertain from inquiry, I believe it is of no use in the case of the poor, I directed a poor man to apply to the president.

They do not examine into the case of the paupers at all ?—Not that I could ascertain, and I inquired very particularly into it.

If you have any further observations to make to the committee as to your general opinion of the state of Mr. Warburton's establishment or any other establishment in the neighbourhood with which you are acquainted, will you have the goodness to make those observations to the committee ?—My opinion is, that the private mad-house system and the system adopted by the parish at present for maintaining their pauper

lunatics, has not the slightest tendency to promote cure, but on the contrary, offers every barrier to cure, inasmuch as individuals, in the first accession of madness, in their first application as paupers to a parish, are thrown into one of those houses where there are all the disadvantages I have already stated.

*Extract from the Evidence of Mr. William Solomon.*

You were some time as a patient in the establishment of Mr. Warburton, at Bethnal Green?—I was.

Can you give to the committee any information relative to the general treatment of the patients in that establishment?—At the time I was there, I consider that the patients were treated in a very cruel manner, particularly those patients that were in the crib rooms.

Will you describe the manner in which they were treated? —They were in the habit of treating those men by chaining them down of an evening about an hour previous to dusk, in things called cribs, which are boxes containing straw, and leaving them there till the following morning locked in, without any attendance being paid to them in the course of the night, let whatever would occur; and on the Saturday evenings they were locked down in the same state, and kept till Monday morning, without being unchained or allowed to get up to relieve themselves in any way whatever.

On the Monday morning what was done?—On the Monday morning, like the other mornings, when they got up, they were many of them in a very filthy state, and I have seen them, in the depth of winter, when the snow has been upon the ground, put into a tub of cold water and washed down with a mop; there was a man who came from Northamptonshire, who was treated in that way; I have seen that man brought from the door of the room, and from the heat of the fæces that were lying upon him, his back has been completely bare for many inches up, and he was treated in the same way by being washed in the way I have stated.

Can you give the committee any further information as to the general treatment of persons in that establishment?—I have seen many men die in that place, I consider, from entire neglect; I will mention the case of one Wheatley, who belonged to St. George's parish; he certainly was a man who

was at times very saucy, and frequently gave the keepers offence; this man gave one of the keepers offence, and he was taken into the long room, and he had a pair of handcuffs put on, and was chained, in a manner which is very generally practised there, to the side of the room; another of the patients, who acts as a keeper, though he is a patient himself, came into the room, and Wheatley and he got quarrelling while he was in chains in this manner; he beat Wheatley very severely, and in the course of two or three days, Wheatley was still kept chained; he was taken very ill, lost his speech; he remained in that state for some time, and was chained down for the night in one of these cribs; at last he got into a very dangerous state, in fact he was dying, and on Tuesday morning when Mr. Warburton was expected, he lay on the ground in the hall, and he was spoken to by one of the keepers of the name of Barnard, and told to get up and not lie there, as his illness was all sham, that was the expression used; he did not pay any attention to him, and he was taken up in the infirmary, and he died the following evening.

During the time that you were in Mr. Warburton's establishment, had you any reason to believe that any effort was made to promote the cure of mental disorders?—Nothing more, I believe, than a very strong medicine administered to the patients that were high; it is a very strong purgative medicine, which acts very forcibly on the poor men, and some of them suffer very dreadfully from it.

Was that given indiscriminately to all? Only to the high patients.

Which are the high patients?—The high patients are those who are placed in cribs of a night.

Are high patients and wet patients the same?—There are many patients who are subject to fits, and during the time they are under that affliction, they are not sensible of what they do, and as such they are put in those cribs, but there are many of those men that sleep there for weeks and months that never commit any offence.

Have you any reason to believe that that strong medicine has been administered on a Saturday evening to the crib patients, who were afterwards allowed to remain till the Monday morning without being removed?—That medicine is generally administered in a morning.

Have you ever been in the infirmary?—I have been in it once or twice.

Was that in a very bad state ?—It was generally in a very dreadful state, till it was visited accidentally, or I should rather say by force, by two gentlemen who came from Marylebone parish one afternoon without giving any notice of their intention, they walked up into the infirmary, and I believe they found it in a very dreadful state, and one of the men belonging to that parish died that afternoon or the following day. Colonel Clitheroe, with one of the gentlemen that had been there the previous day, came to visit the infirmary, but previous to that, as early as five o'clock in the morning, this infirmary was whitewashed and cleaned out, new blankets and new coverlids put on the beds, and the place was made to appear comfortable.

When you state that it was in a very dreadful state, will you describe in what state it was ?—I cannot describe it farther than the filth; I never was in it above once or twice; but I understood that when those gentlemen went up to it, they were quite affected from the stench that arose from the patients and the filth about the place.

With regard to the general care as to cleanliness, is there any attention paid to the personal cleanliness of the patients ?—In the first place, there is no soap allowed in the house in that department; there were at one time very nearly 170 men in that department of the place, and one towel only was allowed, once a week, for their use and accommodation, for the whole number of persons that may happen to be there.

Can you state what is the restraint employed upon those crib patients ?—They were restrained by chains; they were chained by both hands and by both legs, the greater part of them, and they remained in that state the whole of Sunday.

How were the convalescent patients employed ?—They were, many of them, employed in keeping the rooms clean and making the beds, and various other avocations about the house.

Were any of them employed as assistant keepers in the care and superintendence of the high and more dangerous patients ?—There were, several of them; there is one of the name of John Crutch, who I believe has had the care of some of the rooms for some years.

Was it the custom generally to appoint the convalescent patients to what is called crib-room men, or to have the superintendence of a separate crib room ?—The convalescent patients have the care of the whole of the crib patients; they put them all to bed. The keepers themselves, after they are put

to bed, go to see that they are all safe; but they have nothing to do with putting them to bed; and at times they are very violent, and use the poor men extremely ill.

Do you mean, that they do that without the presence of the other keepers?—I do.

Do you speak that of your own knowledge?—I speak from my own knowledge.

How long were you there?—I was there fifteen months, with the exception of three days.

You were discharged in consequence of the interposition of Mr. Dillon?—I was.

Considerable difficulties having been thrown in the way of such discharge?—Very much so.

You said that the crib patients were put into their cribs on Saturday night and not released till Monday morning, of course they must have been supplied with food?—Certainly; on the Sundays they were supplied with food by the keepers.

During the time you knew the crib rooms, were they visited by any persons in authority, such as the magistrates or the medical superintendent?—I believe that one or two of the rooms were allowed to be seen, but the whole of them I think were not; but I had not an opportunity of seeing whether those gentlemen went round the whole of the house, as in the department in which I was placed I had only an opportunity of seeing them while they were there.

You state that the high patients were sometimes subject to fits; were those the patients that were chained down all night?—I mean, that persons that were subject to fits, were chained the same as the high patients.

And there was no attendance during the course of the night?—Not any.

So that a man in a fit in the course of the night could have no assistance?—Not any; I believe that previous to the keepers going to bed, they occasionally go into the rooms to see that they are all safe, but they have no means of calling for any assistance if any thing occurs.

Was the general demeanour of the convalescent patients who were employed as assistant keepers, kind to the other patients?—I am sorry to say that those men were extremely irritated at times; if the others gave them any insult or offence they would treat them the same as they would treat a man that was perfectly in his senses, and I therefore think that they are not proper persons to attend upon the patients.

*Extract from the Evidence of Sir Anthony Carlisle.*

Do you not think it would be of great advantage in those establishments, if a register was to be kept of the process towards cure of each individual, in which the resident medical gentleman was to insert all the circumstances attending each case ?—It would be very important to the medical art, to the healing art altogether, if the public were made better acquainted with the history, the progress, and the treatment of insanity ; it has been kept a secret, it has been kept close, and in the hands of individuals for a purpose which it is not necessary to mention ; in consequence of that there is in the medical profession generally a great want of knowledge of what is done, or what ought to be done, and the history of the case, and the progress towards cure, or the relapses and the causes which may lead to the one or the other are very insufficiently known ; they are not diffused in the profession at all ; but I think it would be of great importance, and it would lead to the improvement of the treatment of the disease, and certainly to a better understanding of it generally, if such reports and registers were kept and made public from time to time.

*Extract from the Evidence of William Barnard, a keeper at the White House.*

Was it not the practice to put some of those men in their cribs on a Saturday night and to keep them there till Monday morning ?—They used to be locked up on a Saturday night ; they had their supper served sometimes before they went to bed, and sometimes after, then they were cleansed out on the Sunday morning, and their breakfasts were served ; if any of them required broth at eleven o'clock they had it ; and then at dinner-time they were served again, and the room was attended to ; then in the afternoon, towards the evening, they were put to rights again, and if there was dirty straw, it was taken away, and then they had their supper again.

Did it never happen to you to leave a man all day Sunday without taking him up to wash him ?—There are some of them so high that you could not get them up without a great deal of danger, and therefore we used to clean them by shifting the dirty straw out, and some we used to unlock, if they required it.

Were there not a good many patients of that sort, that you used to let stay all Sunday without taking them up?—We did not take them all out, because we could clean them without, and they were in that high state of disorder, that it was dangerous to take them out.

You thought it was better to let them stay all Sunday without washing them?—They were wiped.

At what time did you generally take them up on the Sunday morning?—We used to go in between six and seven o'clock in the morning.

Did you ever allow any person to come in at the time that you were washing and cleaning them?—No.

You cannot bring any body forward that ever was present, and saw you clean them on a Sunday?—I should think my fellow servants could, and I should think that the patients could state that.

Mr. Dunston never saw you clean them on a Sunday?—No.

You do not think that Mr. Dunston ever saw you wash them on a Sunday?—Not in the lower rooms, but when I have been in the infirmary, he may have come in then.

Do you think Mr. Dunston ever saw you wash them in the middle of the day on a Sunday?—Yes, he may have done that, because, if any of them had wounds, I have gone and poulticed and plastered them, and whatever they required, and he may have seen me doing it.

Whom did you confine in that manner from the Saturday to the Monday?—Those that were the most violent, and those that were subject to fits.

Not the crib patients generally?—Those are crib patients and patients that do not attend to the calls of nature.

Then all that were crib patients were confined on a Sunday?—They were every one of them confined, except some that we unlocked a hand to let them eat their victuals with more ease, and some few that we let get up.

But almost all the crib patients were confined from Saturday night till Monday morning?—The greater part.

Who are the crib patients?—They are those that are in a high state of disorder; those that are negligent of the calls of nature, and others that are subject to fits.

Paralytic patients?—There are a few paralytic patients, but very few.

Do you chain the paralytic patients?—If they are irritable, but if not, they are put in a bed in the infirmary.

You say that those that were liable to fits were confined in that way; if a man were seized in a fit in that state, would not he die in his confinement?—No, because the confinement is put on in that manner to prevent doing any harm.

*The Evidence of Dr. John Bright.*

Are the registers of the commissioners in your custody? —They are.

And you have constant access to those registers?—I have.

Are you acquainted with the contents of the registers, generally speaking?—I am.

Do you know the contents of the register as relating to Mr. Warburton's establishment at the White House?—Every register must contain minutes relating to that house, as of course visits are annually made to it.

From those registers, and from what you know of the White House, what do you consider to be the character of that establishment?—Judging from the same sources of information which such part of the committee as have perused the register have access to, I should say it is improved.

Comparing it with other establishments for the reception of pauper lunatics?—I should have the same opinion; I mean, that it has made pretty nearly the same progress with many others of the same date, for they spring into existence every now and then; it is a sort of commercial speculation.

Comparing the state of Mr. Warburton's establishment at the White House with the other establishments for the reception of pauper lunatics, do you consider it worse than the generality, or better than the generality?—I should say, that it is worse than some and better than others.

In point of comfort and in point of management?—I think in point of comfort, and in point of management, except with reference to the crowded state, and except with reference to certain abuses to which the committee have already directed their attention, it is as good as others.

Before this inquiry from the registers, do you conceive that the commissioners estimated it as above the average or below the average?—I consider it was in an improved state with reference to its condition many years before; and with regard to others, I should think, as good as the rest. I think I have seen establishments lately, which perhaps from containing a smaller number, I should be disposed rather to prefer.

The question relates to the comfort and the management of it; do you conceive it to be below the generality of such establishments?—Not below the generality.

You would consider it as good as the generality of licensed houses where paupers are received?—Yes.

Do you find in practice that considerable carelessness exists with respect to the certificates?—There appears to have existed considerable carelessness.

Have the commissioners had occasion to complain of deficiencies in that respect?—Yes; there is one point which is said to impart legality to the certificate, which is frequently omitted, namely, the use of a seal; and that it has happened frequently that the person into whose house the lunatic was received, being a medical person, has signed the certificate, which the commissioners have reprobated, and which is now going comparatively into disuse.

Have you ever met with instances where the certificate has been signed by persons who never saw the patient?—It is stated in one of the reports, that an individual signed the certificate of the insanity of another, and formed his opinion thereon from report and previous knowledge of him, and that he had not seen that patient.

Is there any case stated in the register, where a certificate was signed several months before it was put into execution?—"William Fox, a pauper from the parish of Lambeth, appears to be neglected by his family, and he alleged moreover, that he had not seen the medical man that signed the certificate on his last admission for several months before that period." I recollect, not very long ago, seeing a female who had been in confinement for some time, and she stated that the medical man who signed the certificate, had just looked into her room and made a bow to her, and said no more, and upon a view so hasty as that, signed the certificate; that was the information of a person who had been an inmate in a madhouse.

Was that a physician?—It was an apothecary in Islington. There is a case in page 237 of the Report, dated April 17th, which states that a certificate had been signed by a medical practitioner by whom the patient had not been seen since August last, the certificate being dated in March.

With regard to the person signing the certificate, have the commissioners had occasion to remonstrate?—They have; the act is so exceedingly vague, that with great reluctance they

are obliged to acquiesce in the signature of persons of whom they have no testimony as to medical fitness. There was a case, of which I was lately informed, of a person, a retail chemist and druggist, calling himself an apothecary, who induced a brother of his to sign some instrument, by which property to the amount of about 3,000*l.* was disposed of, and two days after the execution of that instrument, he took this brother to a madhouse, he himself signing the certificate as a medical person.

Is that a case within your own knowledge?—It is a case of which information came to me a little time ago; it is, I believe, likely to go under investigation in a court of law.

Is that man still in confinement?—I had an opportunity of inquiring about him a few days ago, and I heard that he was liberated by the brother that put him in; the original informant that told me said that it was another brother that liberated him; he is at large now.

How would you limit the right of signing certificates?—I think it would be well if it were expressed generally persons legally authorized to practise, if it were confined to persons belonging to the Society of Apothecaries, belonging to the College of Physicians, and belonging to the College of Surgeons.

Would a chemist be legally authorized to practise?—It depends upon the interpretation that was put upon the act; I think it would be much safer if two persons duly authorized to practise were required to sign the certificate.

Do you conceive there are many apothecaries practising in the country who are not duly authorized to practise?—I presume there are; but I do not apprehend that the law takes any notice of them, if they were in practice before the passing of the act; I think there is a case in one of the books of a person signing a medical certificate, who had not been for ten years before in practice.

The name of every person admitted into a lunatic establishment is obliged to be returned; is there any case in the register of the insufficiency of the law in necessitating a true return to be made?—I recollect there was one case of that sort; but the returns are sometimes made as Mr. Brown or Mrs. Brown, or Mrs. Smith, and so on, and sometimes C., which may stand for Charles or Charlotte; so that it happens occasionally, when the House of Commons desires to have information to

know the relative number of the sexes of lunatics, it is impossible to approach to accuracy under such vagueness.

Do you suppose that the returns are often made under false names? —That particular case I have alluded to is the only one that I am aware of; but I was reminded on Friday last of an evil which is very great indeed of the same house, containing pauper patients, and patients not paupers, which is this; if a patient pays at the same rate at which a parish pays for a pauper, they ignorantly conclude that such a person is not required under the act to be returned, and it happens that they do not return them. On Friday last the commissioners had a visitation at a house where they saw two patients, whom they found amongst the paupers, who were not pauper patients, and when the inquiry was made, an answer was given that it was concluded that as the payment was the same, they were not to be returned.

Where was that establishment?—That was at a very good house indeed, a new house at Peckham.

Is there any certificate or return required for a pauper patient?—There is no certificate or return required for a pauper patient.

Have you any means of getting a list of the pauper patients? —No; the commissioners have resorted to their law advisers, and have been told that there was no obligation to make such a list.

Have they likewise taken any legal opinions as to their having any visitation or control in case of the workhouse taking charge of its own pauper lunatics?—They have, and they found the act gave them no power of visitation.

Do you find often great neglect on the part of friends and relations?—I am afraid there is a great unwillingness on the part of relations to permit the state of their friends to enter into their minds.

Have the commissioners had occasion to remonstrate frequently upon that subject?—The commissioners have occasion frequently to call the attention of relatives to the state, and sometimes the neglected state, of the patients.

Will you turn to the register of May 26th, 1825, and see whether you find any case of that sort?—"It did not appear to the commissioners, after a careful investigation, that Mrs. P., a patient in this house, is at present labouring under insanity; and it was stated by the keepers of the house, that

she had not exhibited any marks of insanity for more than twelve months; the commissioners directed the secretary to state these circumstances to her husband, in order that her further confinement, if necessary, may be justified by more particular and repeated examination of some physician."

Will you turn to February the 23d, 1827?—"Mr. P. reported, that Mrs. P. had conducted herself well since the last visitation, and stated it to be his intention, as her friends had taken no notice of the application, to liberate her."

At what house did that take place?—It was at a house kept by a person of the name of Pell, called Gloucester House.

Have the commissioners any reason to know whether she is now liberated?—I believe they have not.

Have you any reason to know whether she is or is not released?—I have no reason to know that she is; I know that she was on the eve of being released, but I know that it was necessary to expostulate rather warmly with her husband.

Will you refer to the first volume, page 268, and read an entry which appears there?—"Mr. H., whose case has occupied the attention of former commissioners, is reported to have shown no symptoms of insanity for eighteen months past, and the secretary was directed to call the attention of his friends to his case, and to desire that a sufficient investigation may be forthwith made by some competent medical practitioner, in case his friends shall deem his longer confinement necessary."

Do you conceive that it is possible that persons may be kept in these establishments after they have recovered?—Possible, it certainly is, because the commissioners have no power to liberate.

Your impression is from those minutes and from your own observation, that such cases have occurred and do occur?—I would not take upon myself to say that they have not certainly.

Is not there a habit of retaining persons who are sufficiently good as boarders in the establishment without returning them?—I believe it is; there are statements in this book of that sort.

Do the statements in that book confirm you in the opinion that persons are kept in those establishments after they have recovered their senses?—I have no hesitation in saying, with

respect to the case I have mentioned, that that was the case; I conceive it very possible that such cases may happen.

Do you think it has happened? — I have not in my own recollection any case passing in review; but I do admit the possibility and even the probability of it.

Would you suggest a periodical report of the different cases? — I think that patients not paupers, are in a worse condition as far as regards care and supervision than paupers; because, except the visits of the commissioners, there is no medical visit that applies to all of them.

Is there any check whatever to prevent persons who are sane being admitted? — I am not aware of any; it must depend very much upon the kindness of friends.

Will you turn to an entry of May the 13th, 1818? — There is an entry relating to three houses of Mr. Warburton's under the name of Mr. Talbut.

Do you find any complaint of their being crowded? — That was a complaint that was reiterated again and again; the entry is, "No alteration has been made in the several divisions of this establishment, two of the small straw bed rooms beyond the large day room of the pauper men are close, and require more ventilation;" the report closes with saying, that they are too much crowded.

Will you read an entry of November the 24th, 1818, relating to the same establishment? — The report concludes with saying, that those houses are still too much crowded.

Will you read an entry of November the 30th, 1821, relating to Mr. Talbut's house? — "These houses are well managed, but too crowded."

Will you read an entry of December the 3rd, 1822? — "These houses are too much crowded, but they are well conducted."

Will you refer to July the 1st, 1823? — "These houses are well managed, but are much too crowded."

November the 25, 1823? — "The buildings and appointments of these houses have undergone no alteration; well managed houses, but the number of patients is too large for the means of accommodation."

December the 8th, 1824? — "Good houses, but too crowded."

Do those entries all refer to the White House? — Yes.

Will you turn to an entry with respect to Casey's house in

1820?—"There were no bars to the windows of the rooms in which the patients were sitting; the windows were closed down and the rooms very close and offensive; a very badly managed house.

Will you read an entry of October 28th, 1820, relating to the same house?—"It appears that the medical certificates are not signed till after the admission of patients into the house, a practice which the commissioners reprobate; the attendance is not sufficient for the care of the patients, and very little vigilance is used to protect them from danger; a very indifferent house and very badly managed."

Will you read an entry of June 22d, 1821, relating to the house of Mr. Casey at Plaistow?—"The windows of the bed rooms in which the patients pass the night without any attendants are not defended by bars, and the only entrance to the men's bed-room is through that occupied by the women; the commissioners went up a staircase said to be stopt, and found at the end of it a ruinous room prepared with staples for the confinement of any violent patient; and which they further found was occasionally occupied by one of those at present in the house;" there is another observation in the entry; "An establishment which the commissioners regret they have not the power to suppress."

Will you read an entry of November the 30th, 1821, relating to the same house?—"A house in a miserable state for the accommodation of patients; but somewhat less objectionable in its management."

Will you read an entry of July the 1st, 1823, with respect to the same house?—"Considerable repairs have been made throughout the house; it is improved thereby in its accommodation, but the chimnies of the bed-rooms are for the most part stopped up, and the ventilation is therein very defective; a moderate but improved house."

Will you turn to an entry relating to the house of Mr. Fox of Edmonton, dated April the 8th, 1823?—"One only of the private patients has a separate apartment and accommodation; Mr. Simmonds has the charge of the male, Mrs. Stephens of the female patients; the former with a gardner and the latter with one young female servant, are the only persons who are employed to do the work of the house and to take the superintendence and the management of thirty-four patients; the accommodations and apartments of the house are very infe-

rior, the windows are generally broken, and the whole appears to be in a state of confusion."

Will you read an entry of March the 15th, 1824? — "The house of Mr. Fox at Edmonton; an indifferent house."

Will you read an entry of April the 13th, 1825, relating to the same house? — "Great alterations and repairs are in progress in this house, which on that account is in a state of confusion; the commissioners found a patient leg-locked by way of punishment in a darkened apartment, wherein lay another patient apparently dying."

Will you read an entry of April the 28th, 1826? — "The complement of keepers seems very inadequate."

Will you read an entry relating to Bryan's house of April the 29th, 1817? — "An ill-managed house."

Will you read an entry of March the 3rd, 1818, relating to the same house? — "A very bad house."

Will you read an entry of December the 6th, 1819, relating to the same house? — "A house sufficient in its accommodations, but badly appointed."

Will you read an entry of May the 15th, 1820, relating to the same house? — "A very indifferent house; the patients generally complaining of want of a due quantity of provision; the commissioners took an opportunity of examining the provision prepared for this day, which they found to be very insufficient."

Will you read an entry of April the 11th, 1821, relating to the same house? — "An indifferent house."

Will you read an entry of April the 25th, 1822, with respect to the same house? — "One of the male patients is ill and weak in bed, and occupies a small and close room on the ground floor, which is very unfit for his condition; a room beyond the wash-house which has been heretofore reprobated by the commissioners, contains a bed, which appears to have been recently used, and on inquiry was found to be so by one of the female patients, though the fact had been previously denied by a servant; a very ill conducted house."

Will you read an entry of November the 27th, 1816, relating to Mr. Burrows's house at Hoxton? — "Mr. M. a foreigner is not supplied by his friends with a sufficiency of clothing, and the secretary was directed to call the attention of Mr. H. of Wood-street to the necessities of his situation; a moderate house, but greatly too much crowded."

Will you read an entry of November the 6th, 1821, relating

to the same house? — "These houses are old and ill accommodated to their present purpose, and the pauper divisions are too much crowded."

Will you read an entry of November the 19th, 1822, relating to the same house? — "The pauper males occupy a separate house in the yard, and their rooms, especially those on the ground floor, are close and not sufficiently ventilated; the pauper women have two day-rooms, both of which are close, but one is especially offensive; their bed-rooms are close, and the chimneys generally stopped up, the only access to their houses is through the airing-ground of the superior men. A pauper female, named Sarah N. from Ramsgate, Kent, appears to have recovered, and Mr. Burrows states, that he stated as much to the parish officers a month since, and had received no answer from them. The secretary was directed to call their immediate attention to her situation." The Report concludes with saying, that "The buildings of this house are old and out of repair, and not well accommodated for their purpose; ventilation appears by no means to be attended to, and the paupers are too much crowded."

Will you read an entry of November the 24th, 1824? — "The rooms where the dirty patients are confined are very crowded and uncleanly in the different houses."

Will you read an entry of November the 24th, 1825, relating to the same house? — "This house is very much out of repair and ill managed, and it is recommended to the commissioners to revisit it soon."

Will you read an entry of February the 24th, 1826, referring to the same house? — "The commissioners do not consider that the supply of warmth and comfort which is furnished to the paupers is adequate and proper, and they learn with regret that this arises from the very scanty pay which is given by the overseers of the different parishes from which this class of patients is sent."

Will you read an entry of November the 18th, 1816, relating to Holt's House, at Lewisham in Kent? — "A very disorderly and disgraceful house."

Will you read an entry of April the 16th, 1817, relating to the same house? — "The house is not objectionable, but the explanations of the master, not being satisfactory, did not obtain the confidence of the commissioners."

Will you read an entry of May the 15th, 1820, relating to the same house? — "In a close room in the yard two men were

shut by an external bolt, and the room was remarkably close and offensive. In an outhouse at the bottom of the yard, ventilated only by cracks in the wall, were enclosed three females, the door was padlocked; upon an open rail-bottomed crib herein, without straw, was chained a female by the wrists, arms, and legs, and fixed also by chains to the crib; her wrists were blistered by the handcuffs; she was covered only by a rug; the only attendant upon all the lunatics appeared to be one female servant, who stated she was helped by the patients. The secretary was directed to write to Mr. Holt, and convey to him the opinion of the commissioners, that the mode of confinement used for the paupers is harsh, cruel, and unnecessary; that the outhouses employed for the confinement of the patients are totally unfit for the purpose; that one female servant is insufficient for the care of them, and that the commissioners wish to convey to him in the strongest terms their sense of the bad management of the whole concern. The secretary was also directed to call the immediate attention of the overseers of the poor of the parish of Camberwell to the situation of this pauper, and to request them to communicate to him, for the information of the commissioners, what proceedings they shall think proper to adopt, which it is hoped will be such as to render the further interference of the commissioners unnecessary."

How many lunatics were there in that establishment? — Eleven.

Will you read an entry of the 21st of June, 1820, relating to the same establishment, removed to Blackheath? — "The door of the outhouse used by the pauper men was open, and one person was confined therein by chains; the commissioners suspect the lower outhouse to be still used as a sleeping-room; they hold it to be an improper place for the confinement of any lunatics. They hold the accommodation and the management of this house still to be very inferior, and they recommend it to the early and especial notice of the commissioners next year."

Will you read an entry of November the 23d, 1822, having reference to the same house? — "One of the male patients was alone in an outhouse, without fire, the windows were recently broken, and probably by his own act; he was without shoes, but was in other respects sufficiently clothed. After considerable difficulty the sleeping apartment of this patient was discovered up a private staircase hid by the door, when

that door was open which leads from the house towards the back yard; it is a single room, small and offensive, containing only a wet and dirty piece of sacking filled with straw, with one rug and a blanket. The patient is said to pay 20*s.* a week. Upon the discovery of this room, Mr. Holt avowed himself to be ashamed to show it to the commissioners, as they found so much fault with his arrangements. The secretary was directed to write to the friends of this patient, and to communicate to them the opinion of the commissioners, that the accommodation of this patient and the care which is given to him are very insufficient, and in consequence thereof to request that immediate attention may be given to his situation." Then comes the opinion of the commissioners generally; "Mr. Holt's conduct in endeavouring, by direct falsehood, to conceal from the commissioners the sleeping room of one of his patients, is highly reprehensible, and the management of the house and the care and accommodation given to the patients in general is very inferior."

Will you read an entry of June the 22d, 1821, referring to the same house? — "This house is somewhat improved in its arrangements since the last report."

Will you read an entry of June the 20th, 1822, relating to the same house? — "An indifferent house."

Will you read an entry of June the 16th, 1823, relating to the same house? — "A moderate house."

Will you read an entry of June the 25th, 1824, relating to the same house? — "A very bad, uncomfortable, ill managed house; the patients complain much of their treatment; as there seemed to be some ground for their dissatisfaction, it was thought proper by the commissioners that their friends should be informed of this."

Will you refer to October 18th, 1825, and state whether Mr. Holt's name appears in the list? — It does not appear.

Supposing you had hung up that report about Mr. Holt's house, in the room at the College, would not that have deprived him of those patients much earlier? — If it had been a matter of notoriety, of course it would have had the effect of discouraging any person who had a regard for his friend from sending him there; but with respect to hanging it up, I believe it was found very inefficient.

Are you aware that it was ever practised? — I suppose it was; my knowledge is principally derived from these minutes.

Can you deduce from those minutes that that practice,

which is particularly directed by 14th of George the Third, by which the commissioners are ordered, "That in case the commissioners, upon their visitation, shall discover anything that in their opinion shall deserve censure or animadversion, they shall in that case report the same, and such part of their report and no more shall be hung up in the censor's room of the College to be perused and inspected by any person who shall apply for that purpose." Can you trace in the books of the College that that direction of the Act of Parliament has ever been complied with? — I have no recollection in my perusal of those minutes of any occurrence which states that.

Can you state any reasons by which the visitors considered themselves justified in disobeying that positive direction of an Act of Parliament? — I can only state the fact that it has unquestionably gone into disuse, and before the Committee of this House, in 1815, the same fact was stated; and the reason that was assigned was, that it was found perfectly inefficient.

Are you aware, that since 1815 the College of Physicians has changed its situation, and though it might have been inefficient then, it might not follow that such publicity would be inefficient now? — It might be so; I know it is the feeling of the College that the legislature would make considerable changes.

Then you can give no reason to the Committee, except the reason of its being considered inefficient, for the commissioners having neglected that provision of the Act of Parliament? — I know that it has not been done, and I have always understood that was the reason.

Has the attention of the commissioners ever been called by you, or by any member of the board, to the provisions of that act with regard to this exhibition in the censor's room? — I do not know that it has.

Will you have the goodness to state whether the commissioners ever considered it to be their duty extra-officially to make any communications either to the Secretary of State or the Lord Chancellor, or any other public authority, relative to the condition of those houses which they inspected? — I do not recollect any such communication; they endeavoured to apply those powers with which they are entrusted to the execution of the act.

Then are the Committee to understand that the commissioners do not feel it their duty to perform any act beyond that which they were directed to do by the 14th of George the

Third? — The Committee will understand that I am only expressing the opinion of an individual; I should be sorry to be considered the expositor of the sentiments of the body.

In fact, it does not appear, from the minutes of the College, that the commissioners have ever made such communication to any public authority? — I am not aware that they have.

Have the commissioners taken any legal opinion upon the subject of making public the censures which they put upon their minutes? — The commissioners took a legal opinion, the object of which was to ascertain by what means publicity might be best given to any offences that came within their knowledge; and by the advice given by counsel with respect to that point, they were dissuaded from any publication in the newspapers: for instance, it was thought that they would run great risk, that the slightest verbal inaccuracy would subject them to an action.

In all cases where the commissioners have thought proper, have they not used every means of remonstrance and authority which they had in their power to correct the abuse? — I really think they have, from what I have myself observed; and from what I have read, I am of that opinion.

Do you find that the funds arising from the fees paid on licences are sufficient to defray all the expenses incurred under the act? — At the present moment the number of licensed houses being much greater than it has been, it is adequate to such expenses as, according to the act, are incurred; but it would be inadequate to any very enlarged scheme of visitation, and heretofore it has been altogether inadequate; and the funds of the College, which are by no means ample, have been resorted to, to supply those deficiencies.

## *Extract from the Evidence of John Sharp.*

You were for some time a keeper in Mr. Warburton's establisement at Bethnal Green? — Yes.

How long were you there? — I was there nine weeks.

Did you come there originally as a keeper? — No, I came there as a servant of Mr. Jennings.

In the room of Cooper? — Yes.

Was Cooper ill? — No, he was not; it was expected for him to leave, but he did not leave.

As Cooper did not leave, what did you do?—I assisted in looking after the patients.

What patients did you particularly look after?—The pauper patients.

Did you ever assist in putting them to bed in their crib-rooms?—Yes.

That was part of your business?—That was part of my business.

Did you put them to bed on the Saturday night, and keep them there till Monday morning?—Yes, sometimes; they were up two Sundays during the time I was there.

Then during the other weeks you were there, were all the crib patients kept from Saturday night till the Monday morning in their cribs?—Yes.

Were they taken out on a Sunday morning at all?—No; we examined them, to see whether they were dirty; and if they were, we cleaned them.

They were never taken out to be washed on a Sunday morning?—They were not taken up.

They were kept from Saturday night to Monday morning in their cribs?—Yes.

If they were dirty, were they taken up and cleaned?—They were cleaned; they were not taken out, to remain up.

Were they taken out of the cribs at all?—They were taken out of the cribs, but not to remain out.

Were they ever washed on a Sunday?—No; we did not wash them on a Sunday.

Were they ever unlocked on a Sunday?—Their hands were never unlocked on a Sunday.

You have said they were not washed on a Sunday?—Their hands and faces were not washed, unless they were dirty; they were cleaned.

Was water used in cleaning them?—Yes.

How many crib-patients were there in your time?—Twelve, that I attended.

Were there more than twelve?—There were more in the house, but I did not have any concern with them.

Were those twelve always confined from Saturday to Monday when you were in the establishment?—Yes.

The same persons?—Yes.

How did you wash them when they were taken up on the Monday morning?—If they were dirty, we washed them with a mop.

With cold water?—With cold water.

Did you often use the mop?---Yes, very often.

Did you ever use hot water?---No, I never used hot water.

At what time of the year were you there?---I went there in November, and left the day the Duke of York was buried.

Did you never use any hot water the whole time you were to wash them?---I did not.

Did you ever see any used?---I do not recollect that I did.

Twelve crib patients were under your care, and you never used any hot water to wash them?---No.

Where were they washed?---In the crib room.

Were they ever washed in the court yard?---No.

What was the state of the twelve patients under your care? ---They were very dirty.

Insensible to the calls of nature?---Yes.

Were any of them paralytic?---No.

Were they very violent?---Sometimes; sometimes they were not.

Did you ever have any flannel given to you to wash them with?---No.

Did you ever confine them for the whole day on any other day besides the Sunday?---Never, in the cribs.

Do you remember whether there was a copper that used to be filled with hot water close to the crib-rooms?---I cannot recollect.

You do not recollect that copper being heated every day for the purpose of providing hot water?---I believe there was a copper that was warmed every day.

But you never had any water from that copper to wash the patients with?---No.

Do you know why they confined them on a Sunday and not on any other day?---I do not know.

Were you there on a Sunday as much as on any other day? ---Yes, I was.

Was Mr. Jennings there on a Sunday?---Mr. Jennings was there.

Always?---I do not know whether he was always.

Did Mr. and Mrs. Jennings ever go out on a party of pleasure on a Sunday?---I cannot recollect; sometimes I did not see him, sometimes I did.

The following case will shew with what a facility a certificate of insanity may be obtained :

*Extract from the Evidence of Mr. Jacob Jones.*

Do you remember in April 1821, having visited a person of the name of Archibald Parke ?—No.

Do you recollect having been called upon by Mrs. Parke to visit her husband, and in consequence you gave a certificate declaratory of his madness, and he was then confined in the White House ?—I do not recollect the name.

He resided in Old-street Road ?—Yes, I recollect him very well; the woman was a sister to the matron at the hospital. I understood that he attempted to commit suicide, or something of that kind; my partner, Mr. Camplin, saw him more than I did.

Did you sign the certificate ?—I suppose I did.

How long before did you see him previously to having signed the certificate ?—I do not remember.

Can you tell the committee generally how long it was before ?—I believe I saw him once or twice, or something of that kind ; but I have minutes at home of the number of times that I see every patient. My partner saw him, I think, oftener than I did.

Are those minutes made at the time ?—Certainly.

Do those minutes now exist ?—Yes.

Then you signed the certificate upon what your partner had seen ?—I saw the man.

But only once or twice ?—I think not.

Was his conduct so outrageous that you were justified in giving the certificate ?—Certainly ; because I am always very cautious.

Do you think that seeing him twice was sufficient to justify you in giving the certificate ?—With the account that I heard of the case.

From whom ?—From the relatives.

Who do you mean by the relatives ?—I think the wife; but I know that I am very cautious in every affair of the kind, and every thing that I did in that respect, I always attended to in a very conscientious way ; I was quite ignorant of what this was for.

*Extract from the Evidence of Mr. J. M. Camplin.*

Were you in partnership with Mr. Jones in 1821?—I was.

Do you recollect visiting a man of the name of Archibald Parke, who lived in Old-street Road?—No, I do not; I recollect attending children at his house. I have referred to the books, and I do not find that I visited him.

Mr. Jones stated that you visited him oftener than he did?—I attended the family oftener than he did; I find, upon looking at the books, that I visited five or six times to his visiting once; but it appears that he visited the man when he was ill, and prescribed for him, and I did not visit him at all.

Have you any papers with you by which you can prove how often either you or your partner had visited this patient before you signed the certificate?---I do not know that he visited him more than once or twice; I did not visit him at all; but I recollect to have heard of his insanity, both before and after he was sent to the White House.

What number of visits did that individual receive either from you or your partner previous to signing the certificate?---He was prescribed for only once, and at this distance of time, I cannot say exactly how many times he was visited.

Have you any record of what medicine you gave him?---Yes.

What was the nature of that medicine?---It was of a purgative kind, followed by a saline medicine.

Then the committee are to understand, that you only visited him once?—I cannot say; at that time we had eighty patients on the list, and our business has increased since.

Then after having prescribed for the man only once, the certificate was signed by Mr. Jones, by which he was committed to the White House?—Yes.

Do you keep a regular account of the visits you pay?—Yes; but the family were some of them ill, and I am not certain that he might not have been seen at that time.

Are you quite sure that you never visited him yourself?—I am not quite sure; I do not think that I did: I have an indistinct idea of having seen the man, and that he was in a mulish sulky state, and would not give any account of himself; but whether I saw him or heard a description of him, I cannot say.

You cannot state the circumstances that operated upon your partner's mind to induce him to sign the certificate?---I think the circumstance was, that some act of very great violence was apprehended; I think he had threatened the life of his wife, or some individual of the family.

You learned that from the representation of others?---Yes; we might have learned that from others, but I am sure we should not sign the certificate without seeing the patient, and examining him for ourselves; of course we hear what the patient has been doing from the friends.

Are you competent to speak as to his state at the time the certificate was signed?---No, I am not.

All you know is, that your partner prescribed once for him? ---Yes; I understand that it was thought extraordinary that we did not subsequently visit him after his being confined, and I think there was a circumstance that may be mentioned that will explain that at once, which is, that there is a medical man regularly attends the whole of the inmates of this particular asylum to which he was sent; now in many of the asylums the medical man who has been in the habit of attending each patient continues to attend that patient; we have patients now that have been in an asylum for nine or ten years; we were consulted when they were first sent in, and we are occasionally consulted now.

Do you consider that a single inspection of an individual is a sufficient justification to any medical man to sign a certificate of insanity?---It depends upon the circumstances that take place at that visit entirely; a man may be in so complete a state of insanity as to be seen to be such at once.

Have you any recollection of Parke being in such a state? ---I have not any recollection myself, because I did not visit him.

Has not it often fallen under your observation that a person under the influence of liquor, or under some paroxysm of fever or of passion, might, for a moment or for several days, have the appearance of insanity without being deranged in mind?- - I think that a person under such circumstances might be considered as insane, and sent to an asylum with perfect propriety; but then he could not be detained in that asylum with propriety.

If a man is furious from any of the causes that have been mentioned, or from having had an epileptic fit, would you think that a sufficient ground for confining him to a madhouse

without inquiry?---No; I am very sure that what was done at that time was done with propriety and with great caution, because my partner is extremely cautious; I have thought him unnecessarily particular in some cases, where the insanity was so notorious that it was as plain as the sun.

Your partner, Mr. Jones, stated, that he kept so regular an account of his receipts that you would be able to state the exact sum that was paid for the signing of that certificate?---We have consulted the book, and there is no fee paid.

Are there any fees for visits?---No; there is a little charge for medicine, and no charge beyond that.

Does that charge appear to have been paid?---I do not think that it was; there is no mention of it made in the cash book; certainly there was nothing like a fee paid, and it must appear plain to the Committee that it was very much against our interest to send him to a place of that kind at all, where he would be immediately out of our hands as a patient, and we should have no advantage from his going whatever, so that we must be clear from any imputation of having acted improperly.

*Extract from the Evidence of Archibald Parke.*

You were in Mr. Warburton's establishment for some time? I was two days at the establishment at Hoxton.

You were removed from thence?---Yes, and sent to the White House.

How were you removed?---They sent a keeper for me from the White House.

He brought a strait waistcoat, did not he?---He did.

Did the keeper of the house at Hoxton make any remark upon that?---Yes, he did; he told him that they had no occasion for a strait waistcoat, for that I had been only drinking a little, and that I was very quiet all the time I was there, and that he did not think I should have any necessity to be long in an asylum; I was there from one o'clock on Sunday till Tuesday about ten o'clock.

When was that?---In April 1821.

You were removed from thence and placed in the White House?---Yes, on the 22nd of April.

Were you put in irons as soon as you got to the White House?---No.

You were on the gentlemen's side of the establishment at

first, were not you ?---I was on the gentlemen's side for four or five months.

While you were on that side you were not in irons ?---No.

Afterwards you were put among the paupers ?---Yes.

When was it they first put you in irons, was it after you attempted to make your escape ?---Yes.

You were not put in irons till after you attempted to make your escape ?---No, I was assisting the head keeper on the gentlemen's side to shave some of the gentlemen there when I went in first.

How long had you been in the establishment before they gave you razors and desired you to shave people ?---I suppose I was about five or six weeks there.

Were you employed in that office for some time ?---I was employed till I made my escape.

How were you occupied before you made your escape ?---I was shaving up to the time that I made my escape.

Where did you go to when you made your escape, did you go home to your wife ?---No, I did not ; I worked at Mr. Watson's the upholsterer's for about three years, and there was one of the cabinet makers there, whose wife and he both worked in the shop, and I lodged with him.

While you were lodging with him, you went and called upon your wife ? --- Yes, the very day that I was taken back.

How long had you been out before you called upon your wife ?---The 24th of February I made my escape, and the 24th of March they took me back again.

How came you to call upon your wife ?---I was going to sea ; I had bespoke a ship, and I called to bid the children good bye, and while I was doing that they sent over to my sister-in-law, the matron of the Lying-in Hospital in the City-road, and they went the back way and informed Mr. Dunston, and he sent four keepers to take me.

Did the person you lodged with at Westminster allow you to walk about by yourself ?---They never controlled me, nor detained me.

How did you support yourself while you were living at Westminster ?---I had a few jobs in the upholstery line from the cabinet maker.

Why was it, that you being an upholsterer, determined to go to sea ?---To be out of their way ; that I should not be sent to an asylum again.

Then it was while you were calling at your house, that you were taken hold of by the keepers ?---Yes; my son came out and went a little way from the house, and I went to him and spoke to him, and at the time that I was speaking to him, they sent four of the keepers from Saint Luke's, and they seized upon me.

You are sure they were keepers from Saint Luke's ?---Yes, I am sure they were keepers from Saint Luke's; they sent to Saint Luke's the back way.

Did those keepers search your person when they seized you ?---No.

What happened when you were carried back to the White House; did they search your pockets for money ?---The money was taken from me about a twelvemonth before that; they did not search my pockets at that time.

When you got back to the establishment, did they put you in irons ?---They put me in irons directly.

Can you tell what the irons were ?---They weighed about three pounds and a half.

Had you any irons on your legs ?---Not in the day-time; I was confined to the handcuffs.

Were your hands chained down ?---A chain was round my waist, and the chain was through my handcuffs and confined my hands within about four inches of my body; and the handcuffs were about four inches from one another.

Were your legs locked at night ?---I had a chain upon my leg from eighteen to twenty pounds weight.

Was it fastened to the bed ?---Fastened to the frame of the bed, and then I had a chain to the other side of the bed, and locked with my handcuffs also.

THE END.

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